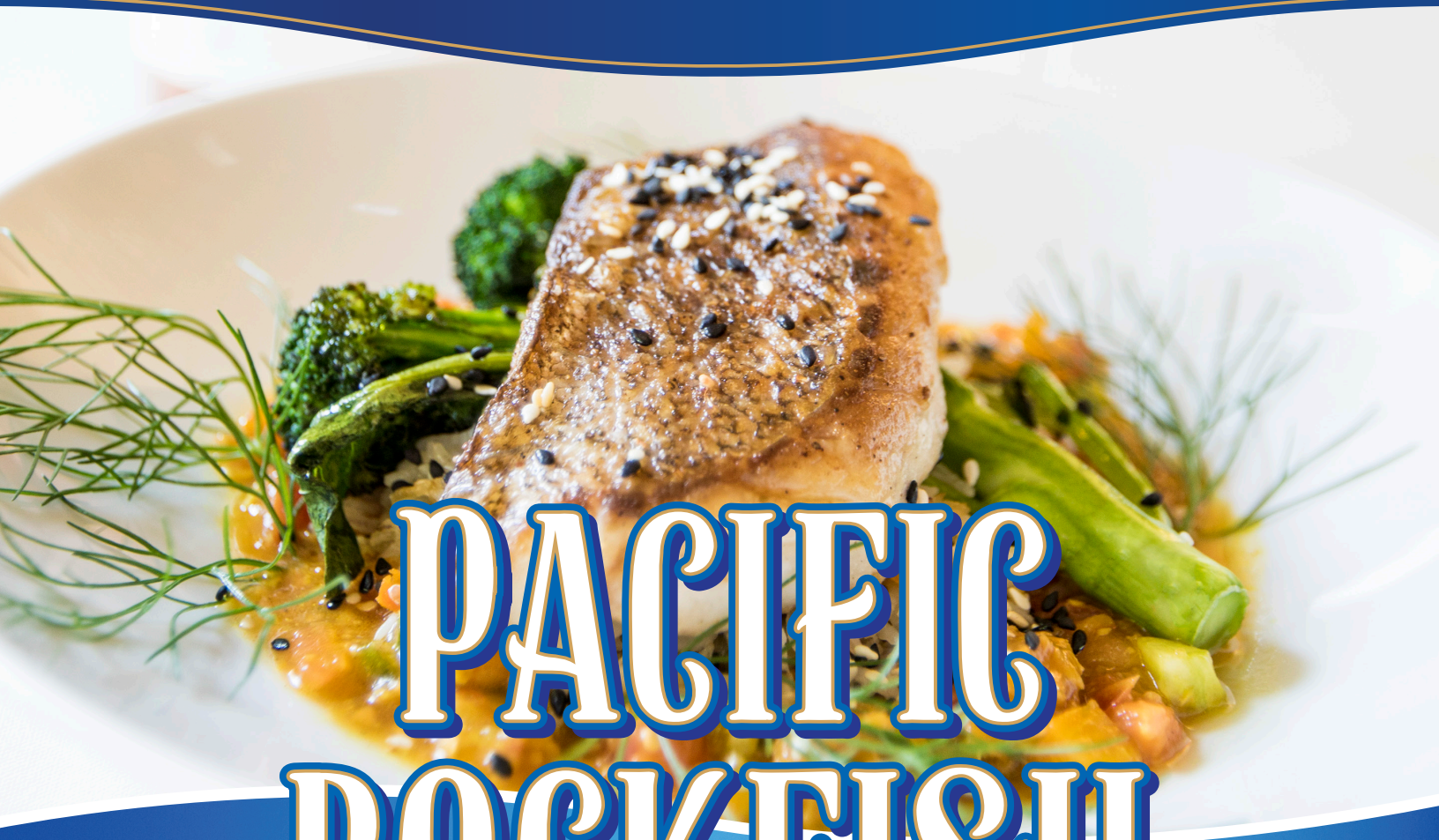
Pacific Seafood®



PACIFIC ROCKFISH

One of the most calorie-efficient proteins of any animal protein

Naturally has no carbs, and low in fat with only 1.3g of fat per 100g of fillet

Serving the ocean since 1941®

www.pacificseafood.com

PacificSeafood®

Micronutrients

Omega-3:

Play a crucial role in brain function, as well as normal growth and development. They also reduce the risk of heart disease by lowering triglyceride levels, also curbs joint pain, and helps with rheumatoid arthritis.

- Rockfish has more Omega-3 than other white fish, Yellowfin tuna, shrimp or King crab
- Rockfish has 6x more Omega-3 than Tilapia, and 10x more Omega-3 than chicken

Selenium:

Prevents coronary heart disease, helps fight inflammation, increases blood flow, reduces free radical oxidative stress, and helps with antioxidant activity

- Rockfish has more selenium than most other animal proteins

Vitamin D+E:

Vitamin D and E are important for bone development, a strong immune system and brain function. Eating foods rich in Vitamin D and E can help prevent dementia and improve cognitive performance.

- Rockfish (as most whitefish) is an excellent source of Vitamin D and E, and compare very favorably to land-based animals

Nutritional Selling Points

Anyone looking to optimize protein intake and get the most protein per total calories should be eating whitefish rather than meat or poultry. Shrimp is the #1 consumed seafood in the US, however Rockfish has a better nutritional composition.

100g of Raw Rockfish compared to 100g of raw shrimp

35% more protein
>2x more Omega-3
31% more Vitamin B6
26% more Vitamin B12
7450% more Vitamin D
242% more Potassium
35% more Niacin
60% less cholesterol
87% less sodium

Percentage of Total Calories coming from Protein

(Remaining calories are accounted for by fat)

Pacific Rockfish	82%
Skinless Chicken Breast	72%
Wild Salmon	59%
Farmed Salmon	53%
Chicken Breast w/skin	45%
Lean Beef Steak	43%
Pork Loin	40%
Spinach	39%
Ground Beef	17%

Rockfish beats a steak and chicken breast hands down on protein efficiency!