



GREAT-TASTING SEAFOOD FOR A BETTER LIFE

HIGH IN IMPORTANT NUTRIENTS

Seafood is a nutrient-packed food with vitamins A, B, and D, Omega3s, selenium, zinc, which helps to reduce inflammation and supports a healthy immune system. ¹

SUPPORTS BRAIN & HEART HEALTH

Seafood supports brain health, heart health, and overall wellness. Eating two servings of fatty fish a week reduces the risk of dying from heart disease by 30-50%. People who regularly eat fish are 20% less likely than their peers to have depression. ¹

[MORE INFO](#)



SAVE LABOR, REDUCE WASTE

Our value-added seafood eliminates risks and fears around handling and the difficulty of preparation by removing the need for cutting and portioning, preparing coatings, and manually battering and breading. Go direct from the freezer to cook.



UpperCrust® Tortilla Tilapia Fillet



Pollock Fish Sticks



Breaded Cod Square



Parmesan Crusted Salmon

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SEAFOOD IS *Better*

1: Seafood Nutrition Partnership

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