

Louisiana HARVEST *of the* MONTH



Fun Facts About Shrimp!

- Like fish, shrimp travel, breed and eat in schools.
- Shrimp protect coral reefs and clean parasites from fish.
- Female shrimp can lay up to 1 million eggs in a mating season.
- There are only 84 calories in a 3-ounce serving.

Shrimp are Nutritious and Good for You!

- Excellent source of vitamin B12.
- Excellent source of protein.
- Good source of iron.



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