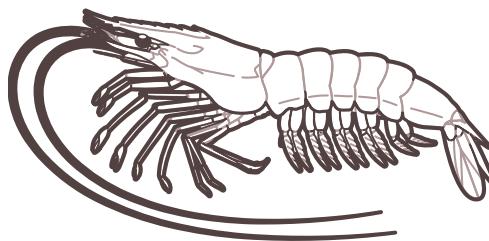


Pacific White Shrimp

Litopenaeus vannamei

Pacific white shrimp, also known as whiteleg shrimp, is a variety of prawn in the order Decapoda. Pacific white shrimp have ten legs on the underside of their carapace (head), ten appendages (pleopods) on their abdomen for swimming, a pair of antennae, and can reach a maximum length of 9 inches (230 mm).¹ Shrimp color can vary slightly depending on habitat, feed, and water turbidity, and tend to range in color from translucent white to reddish-brown.² When cooked, they turn pink.



Where do the shrimp I eat come from?

Shrimp is the most popular seafood product in the United States.³ However, the majority of farmed shrimp is grown in Asia.⁴ The Pacific white shrimp is the most common farm-raised shrimp species in the world,⁵ and it is well suited for pond and indoor production. In the Midwest and other parts of the U.S., Pacific white shrimp are grown in indoor environmental controlled systems. U.S. farm-raised shrimp can be purchased at farmers markets, restaurants, and directly from farmers.

Why eat shrimp?

- Protein Source
- Vitamins & Minerals (nutrient dense)
- Antioxidants
- Low in Carbohydrates and Calories

What should I be aware of?

- Somewhat high in cholesterol (LDL & DHL)⁶
- Some people may have an allergy

Are U.S. farmed shrimp safe to eat?

Yes, they are safe to eat. The EPA and FDA have identified shrimp as a “Best Choice” seafood option for pregnant women, breastfeeding mothers, and children. A “Best Choice” rating by the EPA and FDA means that shrimp does not contain unsafe levels of mercury. U.S. shrimp, grown in ponds and indoor systems, are also rated as a “Best Choice” seafood option by Monterey Bay Aquarium’s Seafood Watch Program for being an environmentally sustainable seafood item.

To learn about commercial fish and seafood safety, visit:

Eat Midwest Fish: Are Fish Safe to Eat?

eatmidwestfish.org/nutrition-safety/are-fish-safe-to-eat/

EPA-FDA Advice about Eating Fish and Shellfish

<https://bit.ly/epa-safe-eating-guide>

Monterey Bay Aquarium Seafood Watch

www.seafoodwatch.org/

Sautéed Old Bay® Shrimp*

Prep Time: 10 minutes / Start to finish: 15 minutes

Serves: 2-4

1 lb medium shrimp, peeled and de-veined

2 tsp Old Bay seasoning[†]

1/4 cup + 1 Tbsp virgin olive oil

Fresh parsley, chopped

1 lemon, cut into wedges

[†]Old Bay is a registered trademark of McCormick & Company.

- 1.** Place olive oil and Old Bay[†] in a sealable plastic bag (or a bowl). Add shrimp and shake (or toss) until evenly coated.
- 2.** Heat a large skillet over medium high heat. Once the pan is hot, add enough olive oil to evenly coat the pan, approximately 1 Tbsp.
- 3.** Add shrimp and cook for 2-3 minutes. Flip when the shrimp turns pink and cook for 2-3 more minutes.
- 4.** When done, the internal temperature will be 145°, remove from heat. Sprinkle plated shrimp with chopped parsley and Old Bay[†] to taste. Serve with a wedge of lemon.

Cooking Tips

Pacific white shrimp have a firm texture and a sweet, mild flavor. Healthy ways to cook shrimp include; boiling, sautéing, steaming, broiling and grilling. The flavor of shrimp pairs nicely with garlic, Old Bay[†] seasoning, Cajun seasoning, basil, parsley, chives, cilantro, lime, and lemon.

