

# PESCATARIAN SEAFOOD VARIETY CHART

VARIETY	FLAVOR PROFILE	TEXTURE	KEY NUTRIENTS
<b>White Fish (Lean)</b>			
Cod	Mild / Milky	Large Flake	B12, Selenium
Halibut	Sweet / Gentle	Firm / Meaty	Magnesium, Niacin
Flounder/Sole	Delicate	Fine / Soft	Low Calorie, Protein
<b>Oily Fish (Omega-3 Rich)</b>			
Salmon (Atlantic/Sockeye)	Rich / Distinct	Tender / Fatty	Omega-3, Vitamin D
Mackerel	Strong / Savory	Firm	Vitamin B12, D

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Sardines	Bold / Salty	Dense	Calcium, Phosphorus
<b>Shellfish (Crustaceans)</b>			
Shrimp / Prawns	Sweet / Mild	Snap / Firm	Iodine, Astaxanthin
Lobster	Sweet / Rich	Meaty	Copper, Zinc
Crab (Dungeness/King)	Sweet / Briny	Fibrous / Tender	Vitamin B12, Zinc
<b>Mollusks</b>			
Scallops	Buttery / Sweet	Soft / Succulent	Potassium, Magnesium
Mussels	Mushroomy / Briny	Soft / Chewy	Iron, Manganese

<b>VARIETY</b>	<b>FLAVOR PROFILE</b>	<b>TEXTURE</b>	<b>KEY NUTRIENTS</b>
Oysters	Metallic / Salty	Goosey / Creamy	High Zinc, Copper

\* Suggested sourcing: Wild-caught or sustainably farmed (MSC/ASC Certified)