

Buying seafood

Seafood is delicious, versatile and one of the most nutritious foods we can eat. It is low in calories, high in protein and rich in vitamins, minerals and natural oils.

Shopping for seafood

Seafood is available to buy fresh, frozen or cured. Your fishmonger or supermarket seafood counter should stock a wide selection of each of the groups of seafood. Ask for assistance when selecting. Your supplier will be happy to prepare fresh fish for you in exactly the way you want. If the seafood you want is not available, species of the same type can always be substituted.

What to look out for

- Whole fresh fish will have eyes that are bright and not sunken. The skin should have a shiny, moist, firm appearance. You should also notice a pleasant sea fresh aroma if the fish is really fresh.
- When buying fillets look out for neat, trim fillets and a white translucent appearance.
- Smoked fish should look glossy with a fresh smoky aroma.
- When selecting shellfish choose shells which are tightly closed and without any gaps or cracks.
- Lobsters and crabs should be heavy for their size.

When buying frozen seafood check that the fish is frozen solid with no signs of partial thawing. Make sure that packaging is undamaged and there is no sign of freezer burn.