



*Homarus americanus*

This species is commonly known as the Atlantic lobster, and are also known as Northern and American lobster. Worldwide, they are often referred as the “King of Seafood” and are definitely the pride of Atlantic Canada. They are fished in the cold, pristine North Atlantic waters off Canada and the U.S., both in shallow inshore areas and deeper offshore waters.

Lobsters belong to a group of animals called Arthropods having a hard shell and jointed appendages. The Atlantic lobster has five pairs of legs, one set being large claws. These claws distinguish them from rock and spiny lobsters from warmer waters throughout the world. Edible meat from both claws is delicately textured and succulently flavored, truly a one of a kind taste experience.

The body, tail, legs and claws are all hard-shelled. Live lobsters range in color from greenish-brown to dark brownish-rust. When cooked, they turn bright red. The resulting white meat is pleasantly firm and dense, rich in taste and succulent in flavor. Most certainly, “fit for a king.”

At one time, seafood was thought to be high in cholesterol, especially lobster. It is now known that lobster is a good source of polyunsaturated fats and omega-3 fatty acids, which fight cholesterol buildup and prevent heart disease. Following is the list nutritional breakdown for 100g of steamed meat:

Energy	98cal	Minerals	1.6g
Protein	20.57g	Sodium	380mg
Fat	0.6g	Potassium	352mg
Cholesterol	72mg	Calcium	61mg
Carbohydrates	1.3g		

Our commitment to you is to provide seasoned animals directly from the cold waters of the North Atlantic fishing grounds within a maximum of 48 hours. Seasoned lobsters are packaged and transported directly to our carrier at the Halifax International Airport.

For more information, please visit us at: [www.goldwaterseafoods.com](http://www.goldwaterseafoods.com)

**Call Goldwater Seafoods Today 1-902-455-0959**

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