SUSTAINABILITY

COOK AQUATIC FOODS:

BIVALVES & SEA GREENS FOR NUTRITION & SUSTAINABILITY

Choosing bivalves and sea vegetables is a flavorful way to nourish both our bodies and the planet. Packed with essential nutrients, brimming with umami flavor, and endlessly versatile in the kitchen, these ocean treasures make a powerful, climate-friendly addition to any plate.

BIVALVES

3oz portion of cooked clams, mussels, or scallops provides **15-20** grams of protein

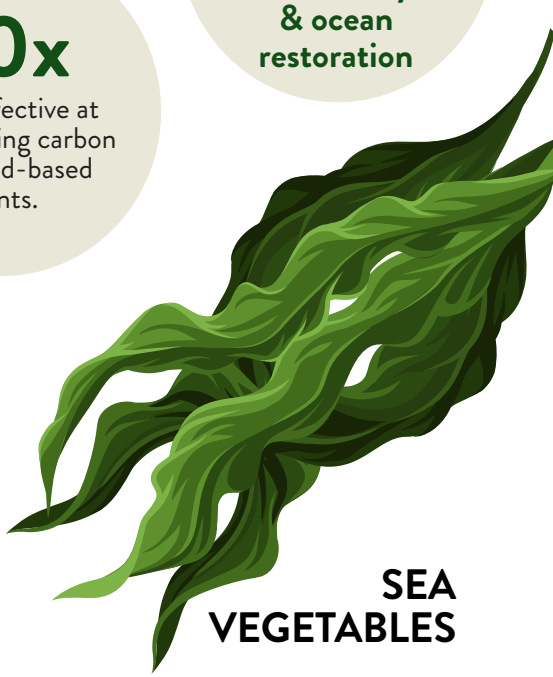
Excellent source of **iron, zinc, choline, selenium, and vitamin B12**

According to NOAA, an adult oyster can filter **50gal** of water every day

20x more effective at sequestering carbon than land-based plants.

Support marine ecosystems by **enhancing fish habitat, marine biodiversity, & ocean restoration**

Contain **23** essential nutrients including vitamins B12 & A, folate, iron, iodine & omega-3 fatty acids



SEA VEGETABLES

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