



# TILAPIA



You could call tilapia an overnight success, thousands of years in the making. That's because this delicious seafood, which has experienced soaring popularity, has been farm-raised since ancient times. The attraction is understandable once you've tasted the moist, sweet, firm fillets of this freshwater selection. Careful aquaculture nurtures the tilapia in an all-natural environment & the fillets are frozen at the pinnacle of freshness.





▶ **PRODUCT FORMS**



**Skinless & Boneless Fillets  
Shallow Skinned**  
3-5, 5-7, 7-9 oz



**Skinless & Boneless Fillets  
Semi Deep Skinned**  
3-5, 5-7, 7-9 oz



**Skinless & Boneless Fillets  
Deep Skinned**  
3-5, 5-7, 7-9 oz

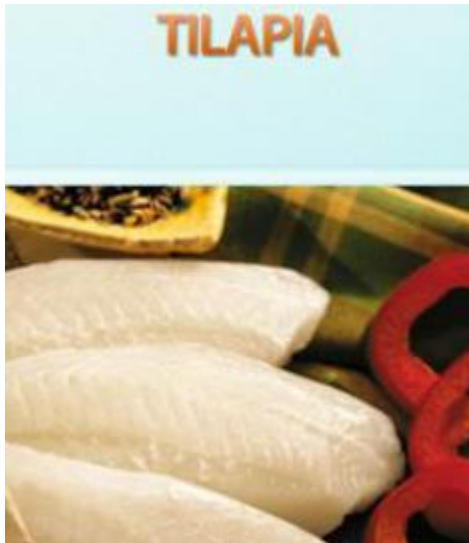
▶ **COOKING METHODS & APPLICATIONS**

**Broiling • Grilling • Baking • Sautéing • Pan-Frying • Deep-Frying**  
• **Poaching • Steaming • Braising • Stewing**

- Fillets can be used in stews, chowders & salads
- Tilapia is successfully accented with marinades, sauces, rubs & flavored butters
- Aquaculture has been perfected resulting in impeccable fillets
- Increasing popularity among whitefish

▶ **SELLING POINTS**

- Consistent shape & quality
- Available year round
- Growing popularity
- Delicate texture
- A healthy choice – lean and healthy with only 1 gram of fat per 4oz serving



<b>Nutrition Facts</b>	
Serving Size 4oz (113g) Servings Per Container 3	
Amount Per Serving	
<b>Calories 93</b>	Calories from Fat 9
% Daily Value*	
<b>Total Fat</b> 1g	2%
<b>Saturated Fat</b> 0.5g	2%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g 0%	
Sugars 0g	
<b>Protein</b> 21g	
Vitamin A 0% • Vitamin C 0%	
Calcium 1% • Iron 7%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 40g 50g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrates 4 • Protein 4



▶ **HARVEST MAP**



**Tilapia**  
*Oreochromis aurea*  
Season: Year Round

 **Harvesting areas**  
**Processing Centers**



▶ **FISHING METHOD**

Farm Raised

**TILAPIA**

