



American Lobster

(Homarus americanus)

live

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Atlantic Canada's Sustainable Lobster Fishery



Over half the world's supply of American lobster, *Homarus americanus*, comes from the clear, cold waters of Atlantic Canada. Prized for its hard-shelled and full meat qualities, Atlantic Canada lobster is in demand by food service professionals seeking flavour, consistency and value.

Such a valued natural resource must be protected. Atlantic Canada's inshore lobster industry sources product from a strictly limited number of independent fishers who tend their own traps and adhere to sustainable harvesting practices. There are also offshore fishermen participating in trapped lobster fishing. To protect the future of the fishery, each lobster is individually handled, inspected and measured, releasing undersized and females with eggs.

After harvesting, lobsters are carefully maintained in tidal pounds and inland seawater holding tanks that mimic the natural environment. Careful monitoring ensures water purity and optimal temperature as the lobsters are

conditioned for travel. This minimizes stress, resulting in a quality product at its prime.

Innovative packaging means less environmental impact. In addition to delivering a quality product, those in the Atlantic lobster industry strive for higher levels of client satisfaction through personal relationship, reliability, service and hospitality.

Lobster Seasons

Lobster fishing seasons are highly regulated and structured to promote sustainability, while obtaining the hardest shelled, full-meat lobster.

Lobster seasons vary in Atlantic Canada, but there is always at least one area open. To view the lobster fishing districts and a complete list of seasons, visit www.atlanticcanadaexports.ca/sustainability.

Nutritional Profile (per 100 g of steamed meat)

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

For more information contact us at www.atlanticcanadaexports.ca/resources