



PREMIUM  
seafoods group

# canadian lobster



# CANADIAN LOBSTER

(*Homarus americanus*)

Caught in the icy cold waters of the North Atlantic Ocean, Canadian lobster is known throughout the world.

Our hard shell Atlantic Canadian lobsters come from one of the most lucrative lobster areas in Nova Scotia, on Canada's east coast. Caught using wooden or wire traps by local independent harvesters, our lobsters are great tasting and have high meat content.

Sustainability is very important to the livelihood of the harvesters and the future of the stock. Our lobster area has very strict and conservative sustainability measures, including trap limits, closed seasons, escape mechanism for undersized lobster, a large minimum size and no cannery or egg bearing females allowed to be harvested.

We buy direct from harvesters and hold the lobster at our 50,000 lb capacity pound where we ship daily during the season.



*Wild Caught*

## PRODUCT SPECIFICATIONS

### Product Form

Live hard shell

### Sizing

Markets – Ocean Run

### Pack

1x90lbs

### ANNUAL PRODUCTION

1+ Million lbs

### AVAILABILITY

May-June

### METHOD OF CATCH

Trap

### STOCK

Eastern Nova Scotia Stock

### CATCH AREA

FAO 21

## NUTRITION FACTS

Serving Size 1 lobster (142g meat)

### Amount Per Serving

Calories 140	Calories from Fat 0
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 100mg	34%
Sodium 540mg	23%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 29g	
Vitamin A	2%
Vitamin C	0%
Calcium	10%
Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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