

EAT WISCONSIN



More than **90%**
of the seafood eaten by
Americans is imported
from other countries.



**Local
Healthy
Delicious**



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Fish From Wisconsin Fishermen and Farmers

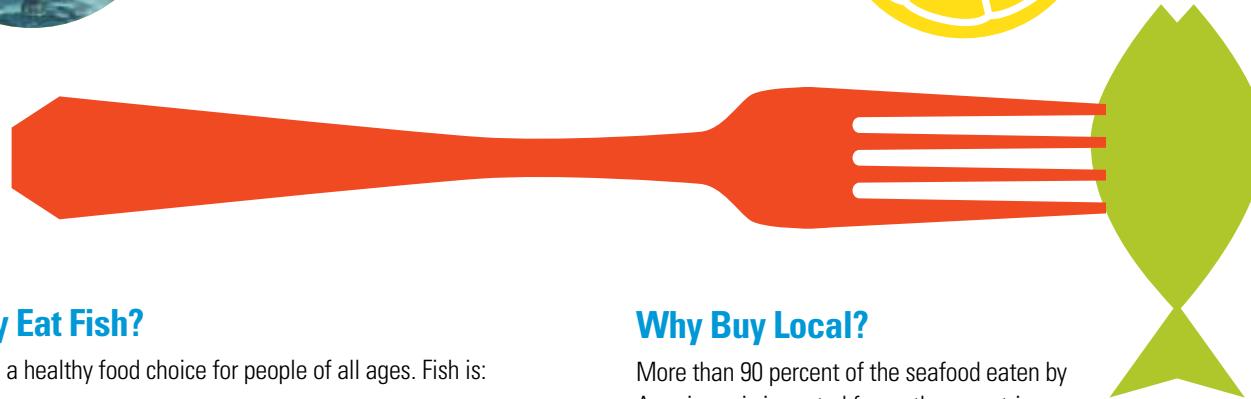
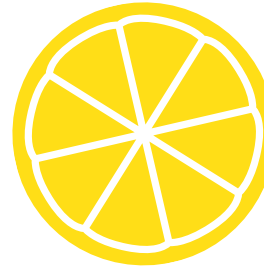
Health experts agree that fish provides key nutrients for infants and children and is a healthy protein source for adults. They recommend eating two servings of fish or seafood a week.

It's easy to choose one of these weekly servings from a variety of fish supplied by local commercial fishermen and fish farmers.



Enjoy these locally caught and farmed fish

- Arctic Char
- Burbot
- Chubs
- Lake Herring
- Lake Trout
- Lake Whitefish
- Rainbow Trout
- Smelt
- Tilapia
- Walleye
- Yellow Perch



eatwisconsinfish.org

Why Eat Fish?

Fish is a healthy food choice for people of all ages. Fish is:

- Rich in vitamins and minerals.
- A lower-calorie, lower-fat source of protein compared to meat and poultry.
- The main dietary source of two important omega-3 fatty acids that can help reduce the risk of heart disease in adults and contribute to healthy brain and vision development in infants.

Why Buy Local?

More than 90 percent of the seafood eaten by Americans is imported from other countries.

When you buy local fish, you support local businesses.

Unlike many international seafood producers, Wisconsin commercial fishermen and fish farmers are strictly regulated by federal and state laws that protect fish populations, human health and the environment.

Local Fish Is Delicious!

Fish isn't just for frying. The wide variety of fish available locally in Wisconsin can be served many delicious ways.

Visit eatwisconsinfish.org for:

- Taste and nutrition information
- Recipes
- Preparation tips

