

Seafood SUPER STAR



1 IN 5 PEOPLE HAVE FISH AS THEIR PRIMARY SOURCE OF PROTEIN.



**ALMOST
90%**

OF NEW ZEALANDERS EAT FISH AT LEAST ONCE A MONTH WITH JUST UNDER HALF EATING FISH AT LEAST ONCE A WEEK.



IT IS UNCERTAIN WHEN THE FIRST FISH-AND-CHIP SHOP OPENED IN NEW ZEALAND, BUT ACCORDING TO FOOD HISTORIAN TONY SIMPSON, IT WAS LONG BEFORE THE FIRST WORLD WAR. FRIDAY NIGHT WAS FISH AND CHIPS NIGHT FOR MANY, ESPECIALLY CATHOLICS WHO WERE DISCOURAGED FROM EATING MEAT ON FRIDAYS.



**MANY NEW ZEALAND
SEAFOOD SPECIES
HAVE HEALTH BENEFITS.**

**HELP WITH
MAINTAINING:**



MANY SEAFOOD SPECIES ASSIST WITH ENERGY PRODUCTION AND REDUCING TIREDNESS AND FATIGUE.

**A SOURCE OF:
SELENIUM,
IODINE,
POTASSIUM,
IRON,
VITAMINS B & D,
PROTEIN,
OMEGA 3.**

THEY CAN BE:



**LOW IN:
SATURATED
FATS**