



# Maurice's Seafood



Fresh Fish

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We have been offering fresh Seafood since 1975! WOW! Deliveries 2 & 3 times weekly helps us keep our seafood as fresh as possible.

*"If it comes from the Sea...you can get it from Me."*



Salmon fillet ..... **9.95 lb.**

Whole Salmon fillet ..... **9.49 lb.**



Catfish fillet ..... **6.99 lb.**

Catfish Cajun ..... **6.99 lb.**



Tuna Steaks ..... **10.95 lb.**

Tuna loins 6-9lb avg ... **9.95 lb.**



Tilapia fillet ..... **8.95 lb.**

Tilapia fillet/ 5# box froz **32.95**



Rainbow Fillet ..... **6.95 lb.**

Rainbow 5# box frozen ... **32.95**



Grouper Fillet ..... *market price*  
Skinless/boneless



Red Snapper Fillet

Boneless fillet ..... *Market price*



Whiting Fillet..... **3.99 lb.**

10 lb. Frozen ..... **37.95**

### EATING FISH -- BENEFITS OUTWEIGH RISKS

Two new studies this week recommend that Americans continue to keep fish as part of a healthy diet because the benefits of eating fish outweigh the health risks. The Institute of Medicine reviewed the recent literature on fish and health, and it concluded that healthy adults can safely consume up to 12 ounces of fish a week. Fish provides a source of lean protein and good omega-3 fatty acids. In a second study published in the Journal of the American Medical Association, researchers from the Harvard School of Public Health drew similar conclusions about the benefits of eating fish. They estimated that eating one to two servings of fish a week could reduce the risk of heart attack by about a third. The Institute of Medicine report goes softer on the heart benefits of eating fish, saying there "may be" some reduction in heart attack risk. It also said that it is not clear whether it is eating the fish that reduces the risk of heart attacks or whether it's what fish lovers are not eating -- fatty meats like steak and hamburger -- **that's important.**

*Try some of our tasty recipes for fish and other seafood*

