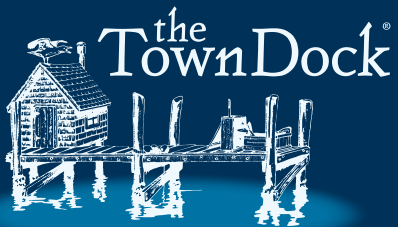
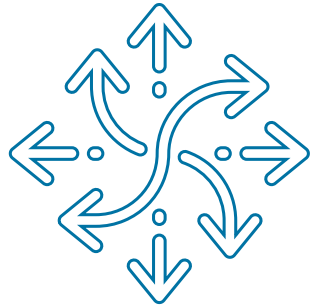


Calamari Health Myths & Facts

*Working on eating healthfully?
Why you should be eating calamari!*



Why Calamari?



Versatile.



Sustainable.

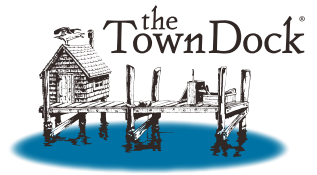


Nutritious.



Delicious.





Myth:
Calamari is high fat.

Fact: Calamari is Low Fat.



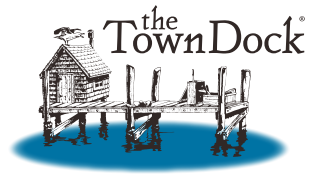
It's all about prep.

Most people associated calamari with deep-fried rings; and these are, without a doubt, delicious.

However, when foods are deep fried, they tend to absorb a lot of cooking oil, making them higher in fat and calories. It's a great food to enjoy when you want to treat yourself.

But calamari itself only has 1.6 grams of fat - only about 2% of the average daily value - per serving.

So prepare it in a low-fat way (like grilling) and it's a low-fat food.



Myth:
Calamari is full of salt.

Fact: Calamari is Low in Sodium.



The sodium myth is probably also related to calamari's deep fried reputation. Some breadings or batters have added salt, and then sometimes more salt is sprinkled on top to serve.

A serving of calamari itself has 49.3 grams of sodium per serving, or only about 2% of the average daily value.

So if you're trying to reduce your sodium intake - including if you're on a doctor-prescribed DASH diet for your high blood pressure - calamari prepared without added salt is a perfect fit.



Myth:
**Calamari isn't a great
source protein.**



Fact: Calamari is an Excellent Source of Protein.



Lean and mighty, calamari provides 17.5 grams of protein per serving - that's 35% of the average daily value.

If you're also trying to reduce your carbohydrate intake, a serving of calamari only has 3 grams of carbs.

Grill your calamari at high heat for 2-3 minutes for a flavorful, low fat protein that's great by itself or can be used nearly anywhere you might use chicken or fish.

Myth:
Calamari just
doesn't have a lot of
nutritional value.

Fact: Calamari is Good for Your Immune System - and More!



Calamari has great nutritional value. It contains those important Omega-3 Fatty Acids, and has many other vitamins that help support a healthy immune system.

Calamari is an **excellent source** of:

- Vitamin B2
- Vitamin B6
- Vitamin B12
- Selenium
- Copper

And a **good source** of:

- Vitamin B3
- Choline
- Zinc
- Phosphorus



Ready to enjoy?

The Town Dock offers wholesale calamari for restaurants, foodservice distributors, and retail grocery stores. Click to see our product lineup.

Just a calamari lover looking for our product at your local store? Check our our listing of current stores where we're available.

About The Town Dock

For more than 40 years, The Town Dock has focused on offering both the highest quality wild-caught calamari and the very best service. A market leader in foodservice calamari with a growing retail presence, we are a vertically integrated seafood company, located on the water in Point Judith, Rhode Island.

We partner with a dedicated fleet of fishing vessels, local fishermen, and global suppliers, and provide the calamari expertise that guides our customers in making the best decisions for their unique businesses. Our customers include independent and national-chain restaurants, caterers, supermarket chains, food box delivery services, wholesale fish markets, broadline distributors, and independent retailers.

For recipes, product information, and more, visit us at www.towndock.com

