

Tips To Select Healthy Shrimp

- 1 Shrimp should be firm to touch and translucent with shiny, intact shells.



- 2 Avoid shrimp that smells like ammonia as it indicates decomposition.

- 3 Avoid shrimp that are limp, slimy, or falling apart, as these are signs of decay.



- 4 Look for black spots on their head as they indicate they are not fresh.

- 5 Read the label carefully when buying frozen shrimp to know if the shrimp is wild-caught or farmed.



- 6 Avoid packages that look damaged, torn, or unsealed.

- 7 Look for ice crystals as their presence indicates that the shrimp was stored for an extended period or was thawed and refrozen.

