



How To Purchase SHRIMP FOR NURSING MOMS



Buy the shrimp from a reputable and clean store.

Purchase fresh shrimp or ask the fish dealer to keep a fresh supply available.



Check the color and odor to gauge its quality. It should have a pearl-like color and mild to no odor.

The texture of the shrimp should be firm.



Don't buy the shrimp if the shells have black spots or edges, as it may be a sign of spoilage. However, tiger shrimps have black lines, which are part of their shells.

Check the time and temperature indicators on the frozen ones to know if they are safe to eat.



Reference:

1. Seafood Safety and Quality: The Consumer's Role; NCBI

