

Ask Men's Fitness

I keep hearing that shrimp is dirty or that fishing for it hurts the environment...so, should I stop eating it entirely?

TIM B., LOS ANGELES, CA

"Absolutely not! Shrimp is a great source of protein, vitamins, minerals, and fatty acids," says Kristy Del Coro, a senior culinary nutritionist for food-watchdog group SPE Certified. But not all shrimp is created equal, she adds, so you need to buy wisely. Some facts:

There are two types of shrimp: farmed and wild-caught. Farmed is raised mainly in Asia—often in filthy waters—so it can be full of germs and parasites (*Consumer Reports* recently found harmful bacteria, like *E. coli*, in 60% of raw imported farmed shrimp) and/or antibiotics, disinfectants, and pesticides.

Wild-caught shrimp isn't farmed in floating feces (!) or given antibiotics/pesticides, but nets can damage sea floors and catch other species, like sea turtles.

How to Buy Shrimp

■ Under our Country of Origin Labeling (COOL) law, fresh seafood must be labeled farmed or wild-caught. Opt for wild-caught, preferably from the U.S. or Canada, where the fisheries are the best regulated.

■ Buy only shrimp labeled safe by one of these orgs: Marine Stewardship Council, Aquaculture Stewardship Council, Naturland, or Whole Foods Market Responsibly Farmed.

Know where your shrimp comes from or you could end up with some pretty trumpy scampi.

