

Kingdom of Morocco



Ministry of Agriculture
and Maritime Fisheries

"
Moroccan sea,
a real wealth
of nutrients
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MOROCCAN SEAFOOD
Naturally

The health asset

A real concentration of protein, omega 3, trace elements and vitamins, Moroccan seafood product is a full treasure of beneficial nutrients for health! Good for the heart, energy or good shape ... it has a well-established reputation.

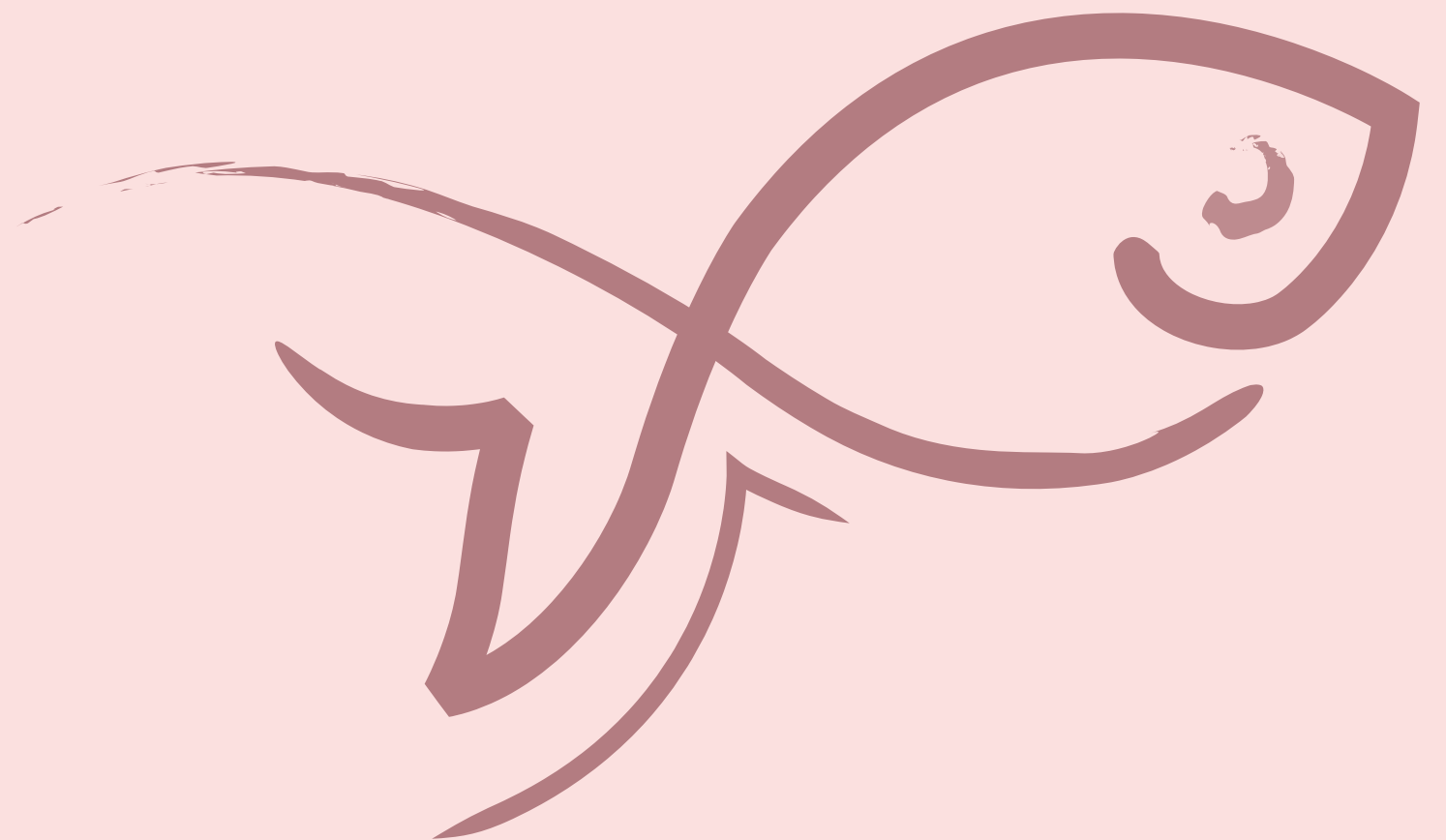
A particularly effective ally of your health

Essential to a balanced and varied diet, the Moroccan sea product has a trump card: a low calorie intake, it also provides important quantities of protein, vitamins, iron and minerals.



For better health, put the Moroccan sea product among your meals.

The World Health Organization "WHO" recommends eating fish at least two to three times a week, while varying species to enjoy the specific contributions of each of them.



Enjoy it for your health !

The Moroccan seafood have nutritional and organoleptic characteristics, which give them special health benefits thanks to their low calories, so they provide protein, trace elements and vitamins, especially the Omega 3.

For your health, enjoy the Small Moroccan pelagic

A real tank of omega 3, small Moroccan pelagic are also widely provided in minerals and trace elements, such as calcium, selenium, phosphorus, iron and iodine. They are also rich in vitamins and, of course, proteins that have a high biological value.

Moroccan Sardine, a healthy treat that fits small budget

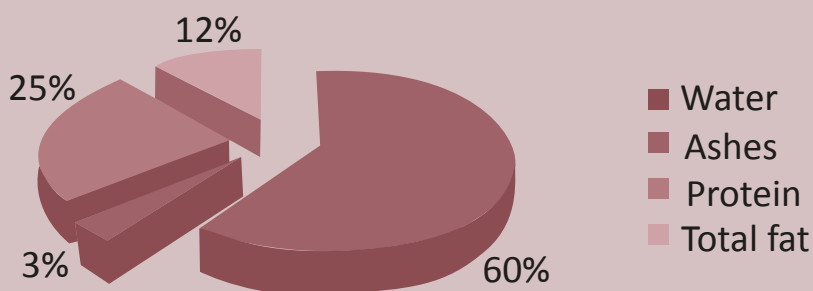
The sardine is among the cheapest fish, but nevertheless remains one of the stars of our diet, it is a source of essential nutrients in maintaining the balance of our body.

Being a source of protein, sardines contains the nine essential amino acids that are not produced by our body and must come from our diet. These proteins play a key role in the formation of digestive enzymes, hormones and tissues, such as skin and bones.

Moroccan sardine brings eicosapentaenoic acid and docosahexaenoic acid, two fatty acids of the omega-3 family, have protective effects on the cardiovascular system. Some scientific research has indicated that these omega 3 have anti-inflammatory effects, useful in treating conditions such as asthma, rheumatoid arthritis, psoriasis and inflammatory bowel disease, and contribute to the prevention of mood disorders such as depression. Moreover, docosahexaenoic acid contributes to the development and functioning of the brain, and to the maintenance of cognitive function and vision.

Finally, sardines are rich in trace elements including Vitamin D, which plays an essential role in the metabolism of calcium in the body: it is necessary for healthy bones and teeth; as well as selenium, whose antioxidant properties have been widely demonstrated.

Nutritional slideshow of Sardine



For 100 g of Sardine

208KCal



Moroccan Anchovies, small Fish with great assets

The Moroccan anchovy, a real "health-food" widely provided in Omega 3, minerals and trace elements, provides non-negligible quantity of valuable vitamins and protein of a high biological value.

The anchovy is a little oily fish. But it is mostly unsaturated fat, beneficial for the heart and blood vessels.

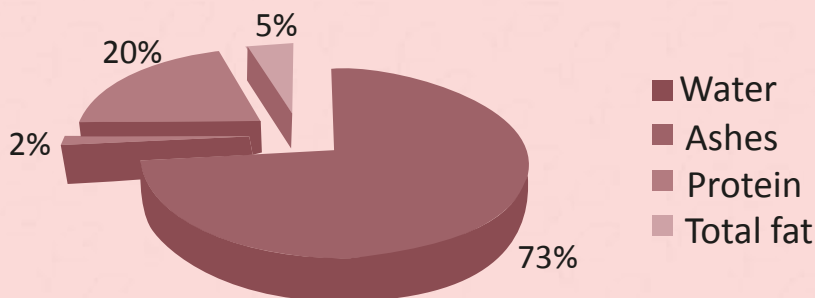
It contains the famous Omega 3 [Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)], whose protective effects on the cardiovascular system are widely recognized.



This fish provides good amounts of vitamin A, vitamin D and B vitamins. Its meat offers interesting concentrations of minerals and trace elements, including phosphorus, potassium, calcium and iron.

The anchovy is also an excellent source of protein: it contains all nine essential amino acids necessary for our body. These proteins play a key role in the formation of digestive enzymes, hormones and tissues, such as skin and bones.

Nutritional slideshow of Anchovy



For 100 g of Anchovy

131KCal



The Moroccan Mackerel, a simple product to boost your daily activity

The Moroccan mackerel is a fish that has recognized nutritional benefits; it provides good amounts of vitamins D and B complex, as well as several minerals such as selenium, iron and iodine. It is also, of course, a source of omega-3 fatty acids.

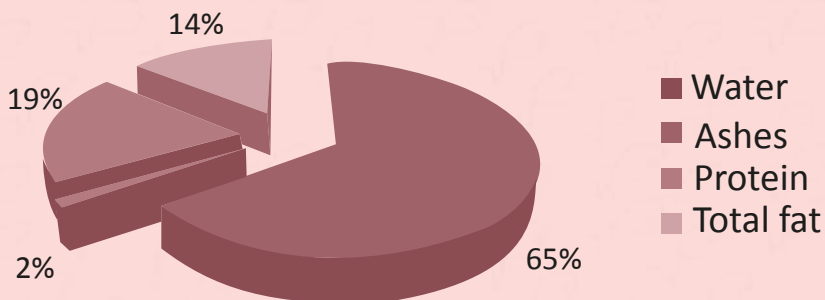
The mackerel consumption provides omega-3 fatty acids, which reduce the risk of cardiovascular disease: it is rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), two fatty acids of omega-3, which act as precursors for chemical messengers promoting healthy immune functioning, as well as the circulatory and hormonal ones.

These fatty acids are known to act on several levels in the body, including reducing blood pressure, blood triglycerides and blood clots, thus lowering the risk of atherosclerosis.

The Mackerel is also a complete source of protein used in the formation of digestive enzymes and hormones, as well as in the formation, reparation and maintaining of tissues such as skin, muscles and bones.




Nutritional Slideshow of Mackerel



For 100 g of Mackerel

205KCal



 For your health, dare try the Moroccan large pelagic

Large Moroccan pelagic contain a low quantity of calories, they are equally excellent for the health of consumers.

The Moroccan bluefin tuna, luxury food and nutritional mine

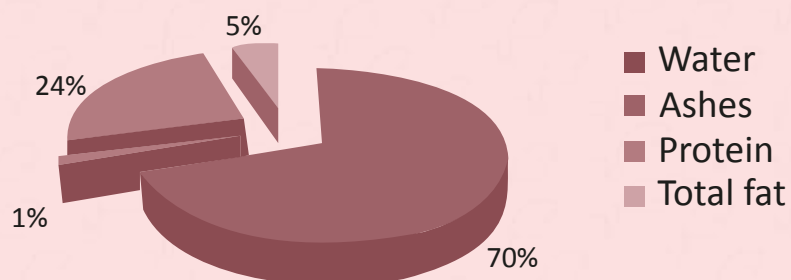
Less fat than is generally believed, low in calories, the Moroccan blue fin tuna contains the famous Omega 3 which play an important role in preventing cardiovascular disease and some cancers.

It is also an essential source of high quality proteins necessary for growth. It also provides many vitamins that contribute to the proper functioning of the nervous system.

Finally, rich in iron, as well as magnesium and selenium, this fish helps you get the essential nutrients.



Nutritional slideshow of Bluefin Tuna



For 100 g of Bluefin Tuna

144KCal



The Moroccan swordfish, king of the sea, micronutrient treasure

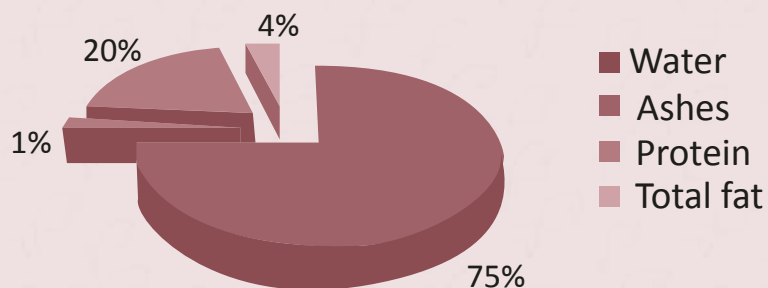
The Moroccan swordfish, low in calories, is a rich source of minerals like iron, potassium and phosphorus, and various vitamins, especially B12, B6.

The swordfish meat contains Omega-3, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which can both reduce blood pressure, blood triglycerides and blood clots, and helps promote healthy immune, circulatory and hormonal functions.



On the other hand, the swordfish meat composition comprises proteins that serve to maintain the integrity of tissues such as skin, muscles and bones, and participating in the formation of digestive enzymes and hormones.

Nutritional Slideshow of Swordfish



For 100 g of Swordfish

121KCal



Moroccan cephalopods, a precious health ally

Moroccan cephalopods contain many nutrients excellent for health. Moreover, their significant contribution in protein, omega-3 fatty acids, vitamins, minerals and trace elements plays a useful role in the balance of our body.

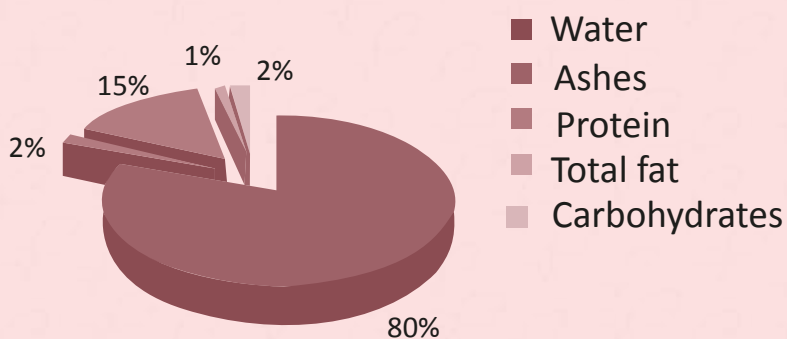
The Moroccan octopus, nutrients in profusion

The octopus contains important nutrients that play a role in balancing the body, and contribute to good health. It contains excellent nutrients for health, especially vitamin B12 and omega-3.

Very recommended for the good shape, the octopus is widely provided in protein while being low in fat. It is thus recommended as part of a low calorie diet or, more generally, for light and balanced meals. Like all marine animals, it is also very rich in minerals and trace elements necessary for our balance.



Nutritional Slideshow of Octopus



For 100 g of Octopus

82KCal



The Moroccan squid, a rich source of nutrients

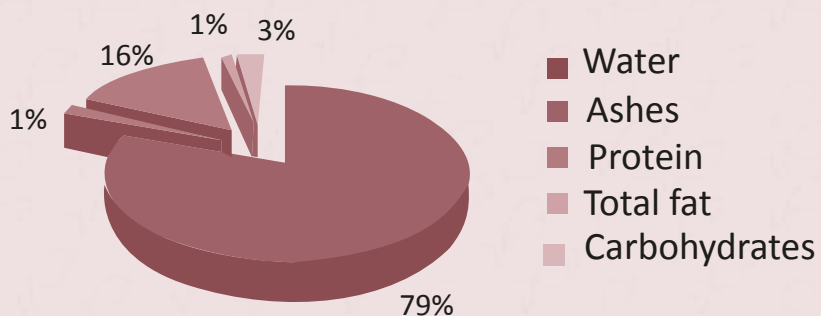
The Moroccan squid, characterized by a particularly high protein content, is also rich in copper, selenium and vitamin B12, and contains many other nutrients essential for health.

It provides many nutrients, in addition to being a significant source of protein, iron, vitamin D and omega-3 fatty acids. With little fat and a lot of valuable nutrients.

The squid is excellent as part of a low calorie diet. Its regular consumption allows you to enjoy the various health benefits without risk.



Nutritional slideshow of Squid



For 100 g of Squid

92KCal



Moroccan white Fish, another source of vitality

Moroccan white fish, with their low intake of fat, contain good levels of omega 3. They are rich in proteins of high nutritional value, they also contain vitamins and many minerals and trace elements, and they are especially rich in selenium, phosphorus, potassium, magnesium and calcium.

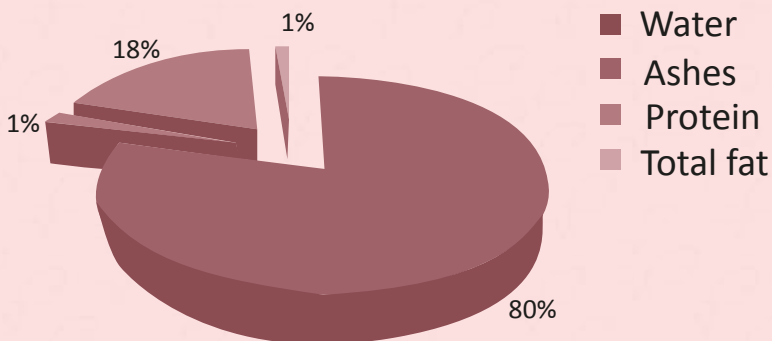
The Moroccan hake, micronutrients in profusion

The Moroccan hake is a dietary fish par excellence, it contains a lot of protein and a low amount of calories, and it provides a cocktail of minerals and vitamins. It provides large amounts of B vitamins, B12, B6 and vitamin D.

Its meat offers interesting concentrations of minerals and trace elements, including selenium. Hake is a source of quality protein and amino acids. If it contains a small proportion of lipids, hake contains eicosapentaenoic acid and docosahexaenoic acid.



Nutritional slideshow of Hake



For 100 g of Hake

90KCal



Moroccan sole, mine flavours and benefits

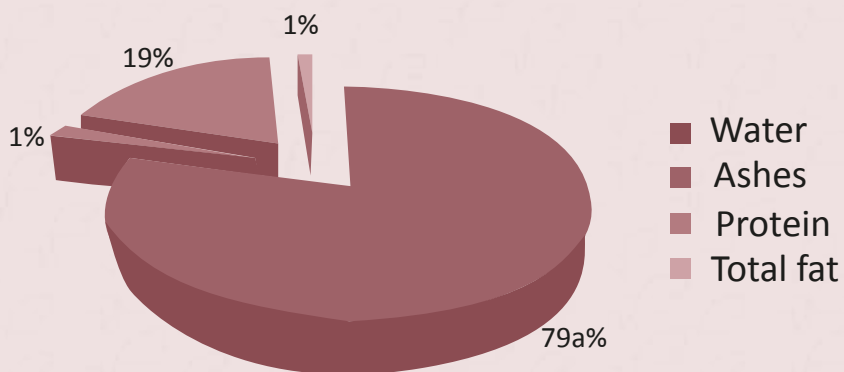
Moroccan sole, considered a lean fish, offers good levels of vitamins, minerals and trace elements.

This fish is a source of B vitamins, including B12 and B3, it also provides vitamin D, and vitamin E.

Its meat is particularly well endowed with minerals and trace elements, selenium, potassium, phosphorus and magnesium. It is also a source of complete protein and omega-3 fatty acids.



Nutritional slideshow of Sole



For 100 g of Sole

91KCal



Moroccan Gilthead Seabream !

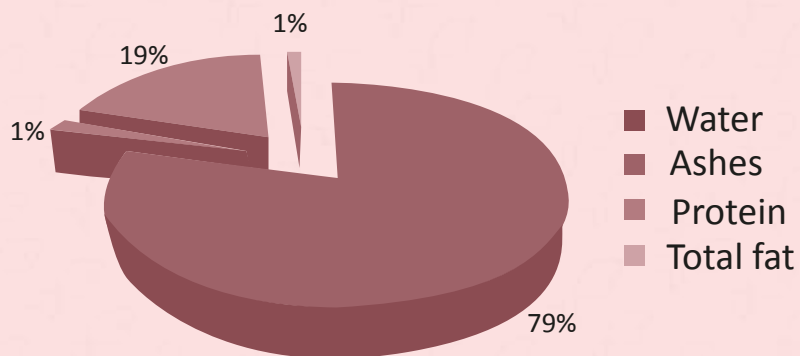
Rich in minerals, the Moroccan Gilthead Seabream is a good source of B vitamins, including B12. It also brings the vitamin E antioxidant.

Its meat is particularly well endowed with minerals and trace elements: potassium, phosphorus, iron, calcium. It is also a source of protein.

It contains little fats, however it has a majority of monounsaturated and polyunsaturated fatty acids.



Nutritional slideshow of Gilthead Seabream



For 100 g of Gilthead Seabream

76KCal



Moroccan crustaceans, to boost your daily life

Naturally high in quality proteins and low in fat, Moroccan crustaceans are excellent for health, especially with their Omega 3 which are essential to the body. They provide good levels of vitamins, carbohydrates, minerals and trace elements.

Moroccan prawn, tasty and rich in micronutrients

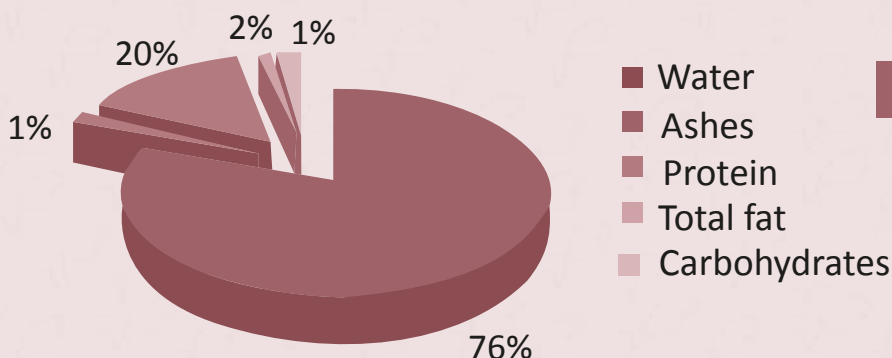
Like all seafood, the shrimp is rich in B vitamins, minerals and trace elements.

Moroccan shrimp is one of the few foods naturally high in protein, with excellent nutritional qualities, and low in fat. It is a source of vitamins, phosphorus and iodine, and contains omega 3 fatty acids in small amounts. Shrimps contain substances called "bioactive compounds" that help prevent certain chronic diseases.



In addition to the omega-3 long chain (EPA and DHA) and of high quality protein, the shrimp contains astaxanthin and coenzyme Q, which have antioxidant properties.

Nutritional slideshow of Shrimp



For 100 g of Shrimp

106KCal



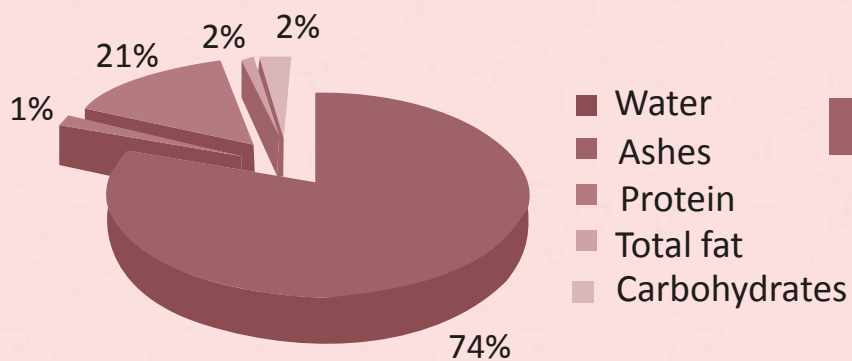
Moroccan Lobster, luxury and dietetics!

Low fat and provider of protein, Moroccan lobster is a nutritionally interesting food product that also brings, like all crustaceans, B vitamins, including B12, B3 and B6, minerals and trace elements, including selenium, potassium, and phosphorus.

Perfectly set in the context of a hyper-protein diet, thanks to its amino acids, the lobster imposes itself as one of the best sources of protein. Lobster also contains omega-3, but in small quantities.



Nutritional slideshow of Lobster



For 100 g of Lobster

112KCal



Moroccan shells, a valuable ally

Consumption of Moroccan shellfish contributes to a healthy and balanced diet. They are low in calories and saturated fat, while being an excellent source of protein and omega-3 fatty acids. Like the fish, Moroccan shells are good for health and provide the body with essential vitamins and minerals like iron, zinc, copper and vitamin B12.

The Moroccan Oyster, a First class Food

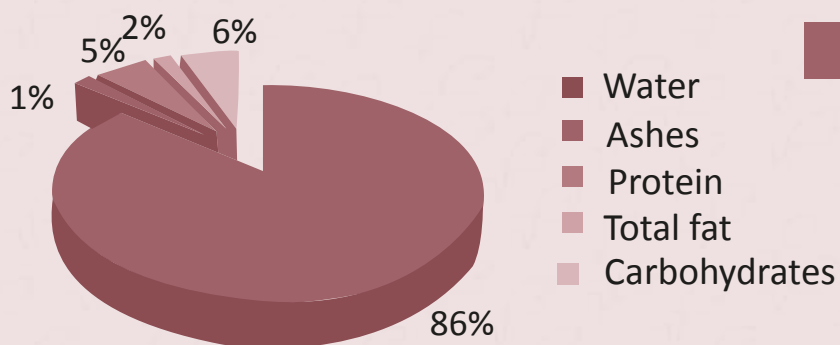
Moroccan oysters are recommended for convalescents, the elderly and pregnant women, and of course gourmets everywhere.

The Moroccan oyster is an excellent source of vitamins, copper, iron, zinc, and several other nutrients, including protein.



The lipids it contains include a majority of polyunsaturated fatty acids. The oyster finally has significant concentrations of minerals and trace elements. It is especially an excellent source of B vitamins, including B12 and B3 (or PP).

Nutritional slideshow of Oyster



For 100 g of Oyster

59KCal



Moroccan Mussel, deliciously boosting

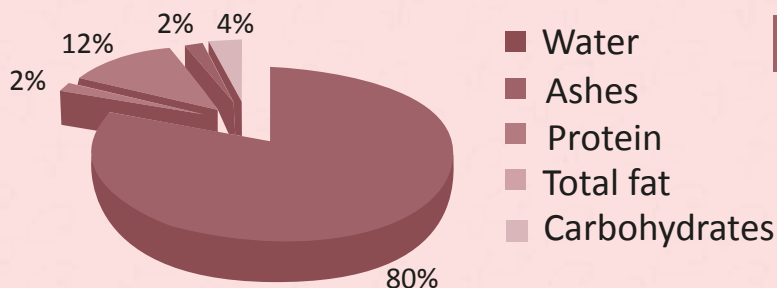
Thanks to their wealth in iron, essential for the growth and maintenance of muscles, their high vitamin B12, selenium, manganese, as well as several other vitamins and minerals, the Moroccan mussels have a very interesting nutritional value.

They are rich in essential amino acids and a sulfur amino acid, cysteine, and a product of degradation, taurine. Both substances are major antioxidants, which help to protect against toxic and free radicals.

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are two family fatty acids omega-3 also present in the mussel.



Nutritional slideshow of the Mussel



For 100 g of Mussel

86KCal





