**Tilapia: The Plain Truth**

A Nutritious, Inexpensive and Environmentally Friendly Food

**Good for Your Health**

1. **Tilapia contains 8 essential amino acids that cannot be made by the human body.**
2. **Tilapia's fat content is minimal; 1.9% as compared to average of 3.3% in other fish species.**
3. **Tilapia's ratio of omega 3 to omega 6 fatty acids is 1:1.**
4. **Tilapia is the number one most popular fish in the United States.**

**Omega 3 Fatty Acid Content in Common Animal Foods**

<table>
<thead>
<tr>
<th>Animal</th>
<th>Omega 3 Fatty Acid Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna</td>
<td>180 mg/100g</td>
</tr>
<tr>
<td>Salmon</td>
<td>400 mg/100g</td>
</tr>
<tr>
<td>Tilapia</td>
<td>150 mg/100g</td>
</tr>
<tr>
<td>Turkey</td>
<td>20 mg/100g</td>
</tr>
<tr>
<td>Chicken</td>
<td>5 mg/100g</td>
</tr>
</tbody>
</table>

**MICRONUTRIENTS**

- **Flaxseed**: Essential omega-3 fatty acids and healthy fats.
- **Tilapia**: Good source of omega-3 fatty acids.

**Environmentally Friendly**

- **Low Arsenic Levels**: Tilapia contains low levels of arsenic, which is beneficial to the environment.
- **Sustainable Harvesting**: Tilapia is harvested using sustainable methods to protect the environment.

**The Sustainable Solution**

- **Environmentally Friendly**: Tilapia is an environmentally friendly fish species.

**Nutritious Food at an Affordable Price**

- **Tilapia is a nutritious food at an affordable price.**

**WorldFish**

A research institution conducted a study on the sustainability of Tilapia farming.

**Tilapia Farming**

- **Efficient Water Use**: Tilapia farming uses efficient water use techniques.
- **Sustainable Fish Production**: Tilapia farming practices are sustainable and environmentally friendly.

**Naturally Mortal**

- **Environmentally Friendly**: Tilapia farming practices are environmentally friendly.

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