Put Tilapia On Your Plate And You’ll Stay Healthy!

Tilapia is good for everyone!

Tilapia is nutritious

Tilapia is easy to grow in your own pond

Eat fish regularly and only sell what’s left after family consumption

Eat tilapia for a strong body and smart mind

Healthy growth and development

Prevent heart disease

Good brain function

SEAFOOD RESTAURANT

Restaurants

Local market

Tilapia is easy to find

Local fish farmers group

Supermarkets

Tilapia is easy to cook and tastes delicious

1. Wash your hands with soap and water before you prepare tilapia

2. Cook me any way you like

3. Add vegetables to the dish

4. Serve with boiled rice or corn for a nutritious, balanced meal

WorldFish

www.worldfishcenter.org