

# What Are the Main Seafood Protein Sources?

Discover the amazing nutritional benefits of seafood and protein-rich alternatives at one of the finest seafood restaurant in Dubai!

## 01.

### FISH

Seafood is not only delicious but also packed with essential nutrients that our body needs. Fish, such as salmon, tuna, and cod, are excellent sources of high-quality protein, omega-3 fatty acids, and other vital nutrients that promote good heart health.

### SHELLFISH

Shrimp, crab, and lobster are also rich in protein and low in fat and calories, making them a perfect choice for those who want to maintain a healthy diet without compromising on taste.

## 02.

## 03.

### MOLLUSKS

Its like clams, mussels, and oysters are often overlooked, but they are a fantastic source of protein, vitamins, and minerals. Adding them to your seafood-based dishes will not only enhance the taste but also boost their nutritional value.

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## Is Seafood Rich in Protein?

