

# Louisiana HARVEST *of the* MONTH



## Catfish

### Fun Facts About Catfish!

- There are more than 3,000 species of catfish.
- Most catfish live in fresh water, but there are some saltwater species.
- Catfish are known for the long, whiskerlike feelers that decorate their snouts.

### Catfish Are Nutritious and Good for You!

- Good source of omega-3 fatty acids.
- Excellent source of vitamin B12.
- Excellent source of protein.
- Low in sodium.



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