



Canadian  
Seal  
Products

# Wild Canadian Meat



 Proudly  
Canadian

 Naturally  
Sourced

 Sustainable

 Very  
Nutritious



## Rethink protein

From sliders to steaks, seal protein is healthy and lean making it an ideal and sustainable alternative.

   
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Increases  
energy



Promotes red  
blood cell formation



Strengthens  
muscles



Repairs body  
tissues



Improves  
muscle function



Boosts  
immune system

# The Canadian Superfood

Seal meat is considered a Canadian “Superfood” and is one of the most nutritious meats on the planet!



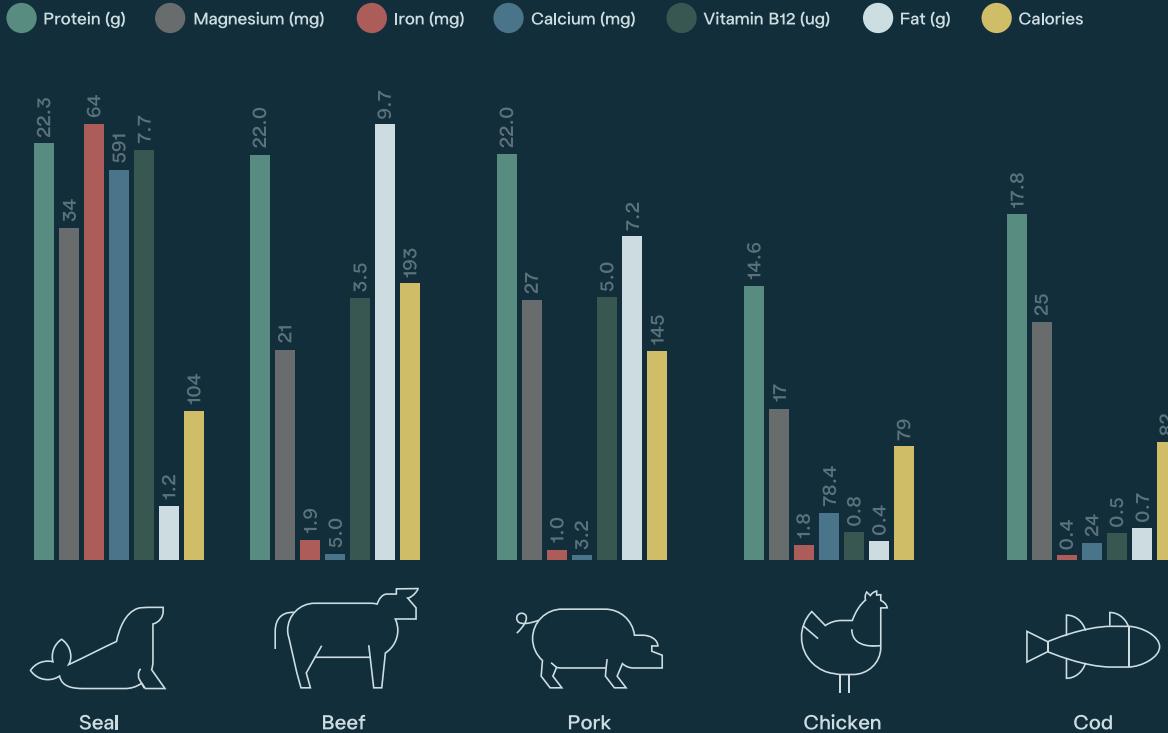
Excellent source of protein (23%) and low in fat (2%).



Very nutritious: high in iron, zinc, magnesium and vitamin B12.



All natural, wild game meat with no antibiotics or growth hormones.



\* For an equivalent portion of 100 grams.

## Why is seal meat so dark?

Seal meat is naturally dark due to its high level of myoglobin (an iron-rich protein) which gives the seal its power to dive deep.

## Approved and certified

Seal meat processing facilities are certified by the Canadian Food Inspection Agency (CFIA) under the Safe Food for Canadians Regulations (SFCR).

## No Mercury Concerns

Seal meat meets all health and safety requirements pertaining to mercury, heavy metals and other pollutants as determined by the CFIA.

## Seal Loin Cooking Tips

Sear the meat one to two minutes on each side according to the thickness of the steak.

The internal temperature of your seal loin must reach between 56 and 68 degrees Celsius.

Taking the time to let the meat “rest” after cooking will ensure it is moist, tender and juicy.

Seal meat is very lean, so minimum cooking is recommended to keep your steak moist. We recommend cooking seal loins no more than medium rare.

Seal is wild and similar to game meat, such as deer or moose, with a slight iodine taste. It goes well with mushrooms, wild berries, seaweed and a good bottle of red wine!

## Delicious seal meat recipes

→ [canadiansealproducts.com/products/seal-meat/recipes](http://canadiansealproducts.com/products/seal-meat/recipes)