

Photo: Sebastian Castañeda / PROMPERÚ

The generous product of a privileged sea



Spanning the age of the ancient inhabitants of Caral right up until today, a five-thousand year heritage of Peruvian ownership and harvest of the richness of our immense and productive sea, home to a diversity of recognized species now known as superfoods, which are valuable source of food, indispensable for a healthy life.



Photo: Alex Bryce / PROMPERÚ



Photo: César Vega / PROMPERÚ



Super Foods Peru

FISH AND SHELLFISH



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#SuperFoodsPeru

Life-giving marine species



Varied and rich in nutrients, aquatic superfoods are the ideal alternative for a healthy lifestyle.

Products fished in the sea, rivers, and lagoons have always formed a fundamental part of the diet of Peru's inhabitants.

And thanks to unique climactic conditions—a natural privilege that we have been able to exploit—the abundance of Peruvian fishing is reflected in the quantity of the products, their quality, and variety.

Some species contain high levels of omega 3 (EPA and DHA) and essential amino acids. They are also an important source of protein, vitamins A, B, D, and E, and high doses of minerals which in many cases offer extraordinary health benefits, contributing to improvements in the style and quality of people's lives.

Using modern and responsible management practices, Peru offers food and supplies to the global industry through sustainable activity that preserves and protects the products of its ocean.



Photo: Juan Aragon / PROMPERÚ

SUPER BLUEFISH

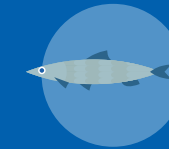
Rich in protein, omega-3 fatty acids (EPA and DHA), and vitamins A and D.

SUPER FISH

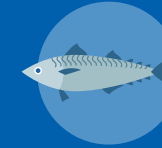
Abundant proteins and vitamins A, D, and E.

SUPER SHELLFISH

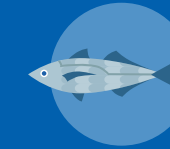
High in protein, vitamins, calcium, iron, potassium, sodium, and iodine.



ANCHOVY



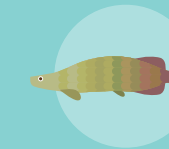
HORSE JACK MACKEREL



CHUB MACKEREL



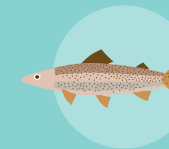
TUNA



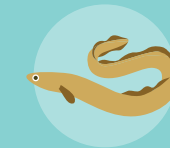
PAICHE (ARAPAIMA)



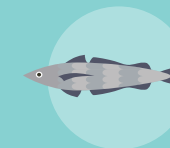
MAHI-MAHI (DOLPHINFISH)



TROUT



EEL



SOUTH PACIFIC HAKE



SCALLOPS



WHITELEG SHRIMP



LOLIGO SQUID



GIANT SQUID