

## VEGAN SEAFOOD RESOURCES

~ Sea Animals – Don't Eat Them: Fish Feel ~

Delicious, healthful vegan seafood is increasingly popular and available. Convenient and affordable, it is also better for our health, for the animals, and for the planet. Here are some resources to help you find and enjoy this wonderful food.

**RECIPES** for vegan versions of: abalone, caviar, clam, crab, fish, lobster, oyster, scallop, seaweed, shrimp, squid, and sushi dishes can be found at: <http://fishfeel.org/seafood/recipes>

Vegan seafood **COOKBOOKS** can be found at:  
<http://fishfeel.org/seafood/cookbooks>

Companies offering vegan seafood **PRODUCTS**, including faux: abalone, crab, fish (inc. mahi mahi, tuna and salmon), lobster, prawn, scallop, seaweed, shrimp and squid (“calamari”), and omega-3 supplements can be found at:  
<http://fishfeel.org/seafood/products>

To find **RESTAURANTS** that offer vegan seafood options, reviews of them, and related information, enter "seafood" in the search field at: <http://www.happycow.net>  
(skip the ads and scan carefully for VEGAN seafood):

Links to all of the above, and **ADDITIONAL INFORMATION**, can be found at: <http://fishfeel.org/seafood>

**FISH FEEL** is the first organization devoted to promoting the recognition of fish as sentient beings deserving of respect and protection.

[www.FishFeel.org](http://www.FishFeel.org)

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