

## SHRIMP IS BIG

Shrimp is one of those universally loved proteins that appears on almost every menu type in every region. In fact, it is on nearly 63% of U.S. menus overall, with higher penetration in both casual and fine dining.\*

More importantly: 75% of consumers either love or like it!\* Shrimp also continues to be a standout as a cost-effective, center-of-the-plate option, helping operators drive profitability.

## SHRIMP SIZING

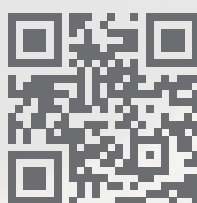
Choosing the right type and size of shrimp for your operation is essential for optimum cost-per-plate profitability. At each major processing step, shrimp go down a size. Shrimp will generally lose one size per pound in the peeling and deveining process – and there is an additional size lost when cooked. When going from shell-on to cooked, you can expect up to two full sizes per pound to be lost. For example, a 16/20 shell-on shrimp becomes a 21/25 after it is peeled and deveined. Cooking a 21/25 peeled and deveined shrimp makes it a 26/30.



Scan here to visit the shrimp category page at our COP Resource Center: [usfoods.com/COPResources](https://usfoods.com/COPResources).

## WHY HARBOR BANKS®?

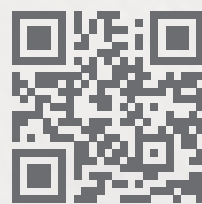
Sourced from all over the world – Harbor Banks® brings a complete selection of the best wild-caught and farm-raised fish and seafood to your kitchen. Harbor Banks is committed to providing consistency, quality and integrity. This includes products that are a part of our Serve Good® program of items, which are responsibly sourced or contribute to waste reduction.



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# SHRIMP SIZING GUIDE

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Selecting the right size shrimp for your menu applications is important for defining the optimal plate coverage vs. plate cost. This chart can help identify the ideal shrimp size to help maximize profits.

Shrimp go down a size at each processing step. Refer to these actual-size images for examples.

PEELED AND DEVEINED, TAIL-ON



16/20 RAW



21/25 RAW



26/30 RAW



31/40 RAW



41/50 RAW



21/25 COOKED



26/30 COOKED



31/40 COOKED



41/50 COOKED



51/60 COOKED

PEELED AND DEVEINED, TAIL-OFF



16/20 RAW



21/25 RAW



26/30 RAW



31/40 RAW



41/50 RAW



21/25 COOKED



26/30 COOKED



31/40 COOKED



41/50 COOKED



51/60 COOKED

Species shown is whiteleg vannamei shrimp\* (actual size).

\*Shrimp has been treated with moisture retention agents.

