

# HIGH-ACTIVITY ROUND FISH



- 1. Mahi Mahi (head off)
- 2. Farm-raised king salmon (Pacific salmon)
- 3. Atlantic salmon
- 4. Arctic char
- 5. Rainbow trout
- 6. Spanish mackerel
- 7. Atlantic mackerel
- 8. Pompano
- 9. Yellowfin tuna (loin)



THE RIGHT INGREDIENTS FOR YOUR CAREER:  
BACHELOR'S AND ASSOCIATE DEGREE PROGRAMS

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