



# MYTHS URBAN LEGENDS AND THE FACTS

**MYTH:** Pangasius is grown in floating cages in the Mekong River.

**FACT:** This urban legend needs to be put to rest. Modern Pangasius farming now takes place in ponds that are situated close to the Mekong River. Pond culture allows farmers to monitor both water quality and animal health. Cages are no longer used.

**MYTH:** The water used for farming Pangasius is polluted with bacteria, toxins, and heavy metals.

**FACT:** Not true. Because of the newer pond system, most producers and the Vietnamese government test the water that is used for growing Pangasius several times a year. In addition, Sea Port's supplier retains the services of independent testing laboratories that perform tests at least 12 times per year.

**MYTH:** Pangasius is given a diet of feed made from dead fish remnants and bones that are dried and ground into flour.

**FACT:** This is a ridiculous and baseless allegation, designed to frighten people away from enjoying an affordable, delicious, and nutritious fish! The fact is that Vietnam as a "food basket" country has attracted the world's major feed producers, who have set up offices in Vietnam to supply seafood, pork, and poultry producers with safe, tested, and approved feeds. Manufactured feeds now dominate the industry, and include respected companies such as Proconco, Cargill, and CP. The main components of fish feeds are balanced and differ to reflect the nutritional needs of the fish at the various stages of the life cycle. These include wheat, rice, and soybean products, as well as fishmeal from approved sources, vitamins, and minerals. Substances such as antibiotics, drugs, melamine, and other contaminants are tested for regularly and are not allowed.

**MYTH:** Pangasius is a bottom-feeder, just like U.S.-grown catfish.

**FACT:** That is simply false. The fish in the Pangasius family are "top feeders." One bite and you'll know that Pangasius does not have that muddy or murky taste associated with bottom feeders. All you taste is the sweet, mild, delicious flavor that can only be achieved by top feeding and with the highest quality feeds.

**MYTH:** Female fish are injected with hormones derived from human urine so that they can grow faster and produce more eggs.

**FACT:** Sea Port's Pangasius products are all hormone-free.

**MYTH:** Pangasius is industrially farmed.

**FACT:** Sea Port's suppliers are located in the clean countryside. There are no smokestacks, hazardous fumes, industrial factories or any other negative effects that might be implied by the term "industrially farmed" anywhere near their farms. Further, our supplier's farmers test the growing environment daily to ensure our high standards for cleanliness are maintained. The growing and processing methods are entirely eco-friendly.

**MYTH:** Pangasius is teeming with poison, bacteria and hazardous by-products.

**FACT:** This is a ridiculous urban legend. Sea Port's Pangasius is grown in clean ponds, processed in immaculate facilities, and inspected at multiple stages not only to assure high quality, but also to provide assurance that it meets the world's most stringent food safety standards and all USDC standards. Pangasius is sold into markets with the highest and most exacting food safety standards, such as the United States, the EU, and Australia.

**MYTH:** Pangasius is frozen in contaminated river water.

**FACT:** Untrue. Sea Port's processing facilities for Pangasius are pristine and hygienic. Once the fish is filleted, it is packed and frozen under HACCP guidelines that require the most sanitary conditions. The fish are not frozen in water but rather plate-frozen, glazed and then packed.

**MYTH:** Vietnamese Pangasius producers process dead fish.

**FACT:** This is untrue. Pangasius is harvested fresh from the pond. The fish is then sent to the processing facility via boats outfitted with clean water reservoirs. Sea Port's suppliers use humane practices, and only work with freshly harvested fish.

**FACT:** Sea Port's supplier QVD is doing it right. They developed these Myths and Facts for distribution channels to assure the right messages are being presented about Pangasius being farmed in Vietnam.

**Call us today  
to place your order!**

**West Coast Office**  
(425) 827-2800

**East Coast Office**  
(732) 826-9400



**SEA PORT Pangasius**  
Pangasius hypophthalmus

**STRIPED PANGASIUS FILLETS**  
SKINLESS BONELESS

SIZE: 5/7 OZ.  
To be served fresh and served at once.

**KEEP FROZEN**

**GO BLUE**  
SUSTAINABLE  
PANGASIUS

**Farms Raised as a Sustainable Resource**  
Sea Port Pangasius is raised in clean, open water ponds in Vietnam. The farms are inspected daily to ensure our high standards for cleanliness are maintained. The growing and processing methods are entirely eco-friendly.

**RECIPE IDEA**  
*Sea Port Pangasius Fillet with Soy and Citrus*  
Makes 4 servings

**INGREDIENTS**  
4 Sea Port Pangasius Fillets, Sea Port  
Pangasius Fillets, Skinless  
2 tablespoons oil  
1/2 cup soy sauce  
1/2 cup rice wine vinegar  
1/2 cup fresh orange juice  
1/2 cup fresh lime juice  
1/2 cup fresh lemon juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh kiwi juice  
1/2 cup fresh mango juice  
1/2 cup fresh papaya juice  
1/2 cup fresh guava juice  
1/2 cup fresh passion fruit juice  
1/2 cup fresh dragon fruit juice  
1/2 cup fresh jackfruit juice  
1/2 cup fresh banana juice  
1/2 cup fresh mango juice  
1/2 cup fresh papaya juice  
1/2 cup fresh guava juice  
1/2 cup fresh dragon fruit juice  
1/2 cup fresh jackfruit juice  
1/2 cup fresh banana juice

**DIRECTIONS**  
1. In a small bowl, combine all ingredients and mix well.  
2. Place fillets in a shallow dish and pour the sauce over them.  
3. Let the fillets marinate for 15 minutes.  
4. Heat a grill or broiler to medium-high heat.  
5. Grill the fillets for 4-5 minutes on each side.  
6. Serve hot with the sauce.

**THAWING & HANDLING INSTRUCTIONS**  
Important: Keep frozen until used, then under refrigeration immediately before use or prepare according to label instructions. Do not refreeze.  
**WARNING: MAY CONTAIN BONES**  
THANK YOU FOR CHOOSING SEA PORT PRODUCTS!  
[www.seaport.com](http://www.seaport.com)

**FARM RAISED**  
**HACCP**  
**COMPLIANT**  
**Quality Assured**

**PRODUCT OF VIETNAM**

**SEA PORT PRODUCTS DISTRIBUTION**  
SEA PORT PRODUCTS DISTRIBUTION  
10000 W. 10th Street  
PO Box 80000

Nutrition Facts	
Serving Size 4 oz (113g)	
Amount Per Serving	
% Daily Value*	
Total Fat	0g
Saturated Fat	0g
Total Cholesterol	0mg
Sodium	0mg
Total Protein	10g
*Percent Daily Values are based on a diet of other people's secrets.	

