

# INCREDIBLE EDIBLE IDAHO

## TROUT



▲ Box Canyon Farm • Buhl, Idaho

### IDAHO TROUT FACTS:

Idaho produces more trout than any other state, providing 72% of the U.S. trout supply.

Trout grown commercially in Idaho are sold to restaurants across the U.S.

Most trout are grown on "farms" in Idaho's Magic Valley along the Snake River.

In an Idaho trout farm, fish are raised in fresh water that emerges from the canyon walls at the perfect temperature of 58°F.

### TROUT NUTRITION FACTS:

Trout is a great protein food that is low in calories and fat.

Trout has Omega 3 fatty acids, believed to be beneficial in preventing heart disease.

Trout is also a good source of Vitamin B12, Manganese, Thiamin, Riboflavin, Niacin, Phosphorus and Selenium.



All Fish Farms are located  
in Twin Falls County

