

# Selecting Fresh Fish

## The Flesh

The flesh of the fish should be firm, not soft. It should spring back when pressed gently.

01

## The Smell

Fresh fish should not smell fishy. It should smell fresh without any harsh odor.

02

## The Color

Fresh finfish should be white or characteristic of the fish species. Fish with gills should be bright red.

03

## The Skin

Fish with skin on should be shiny and the scales should be tight and not falling off the fish.

04

## The Appearance

Eyes should be bright, clear, and protruding.

05

