

Crunchy Crabs & Sauteed Shrimp / Grilled Grubs & Barbecued Bugs

They're all just Crustacea anyway!

Since insects are crustaceans...

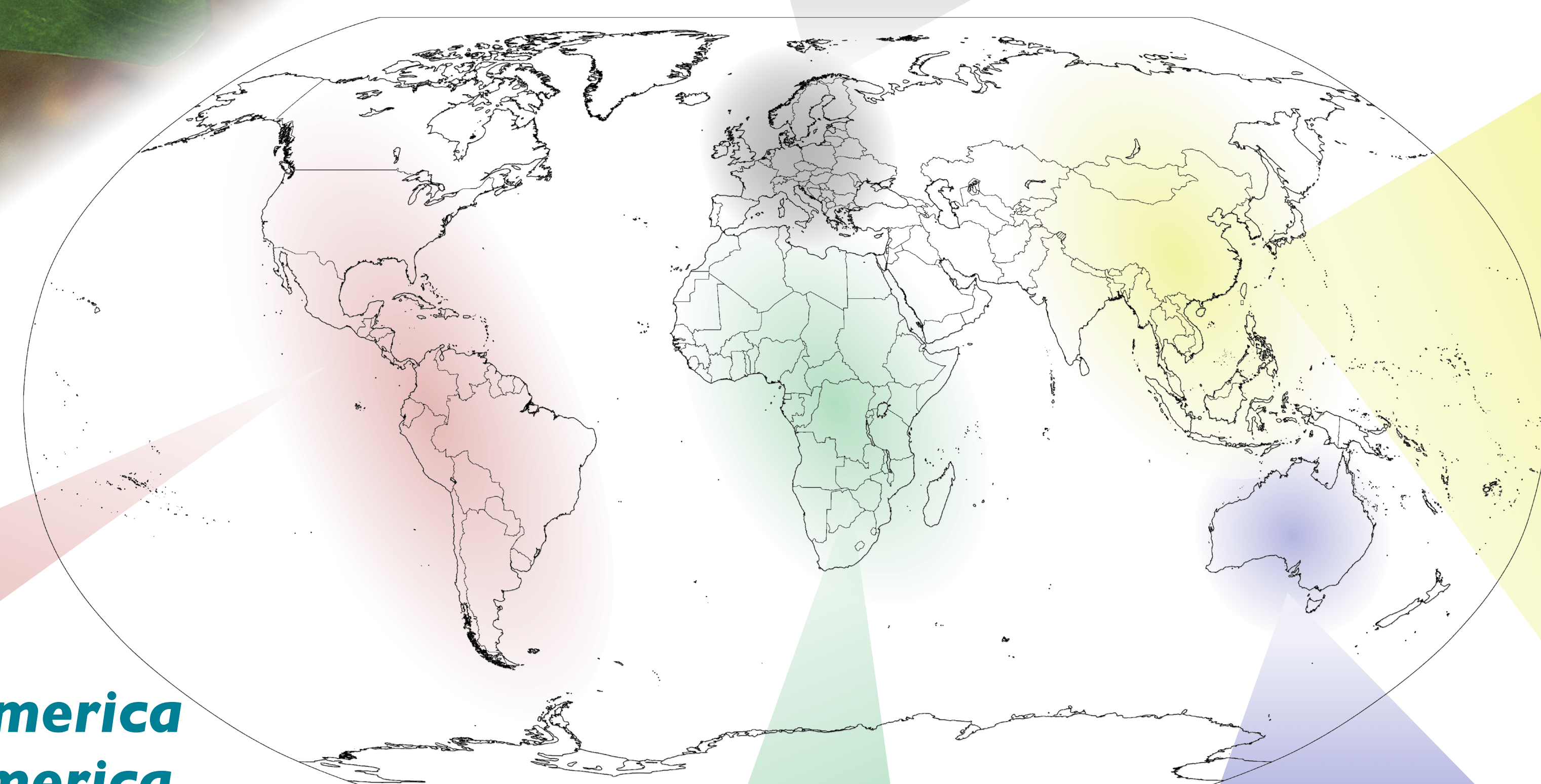
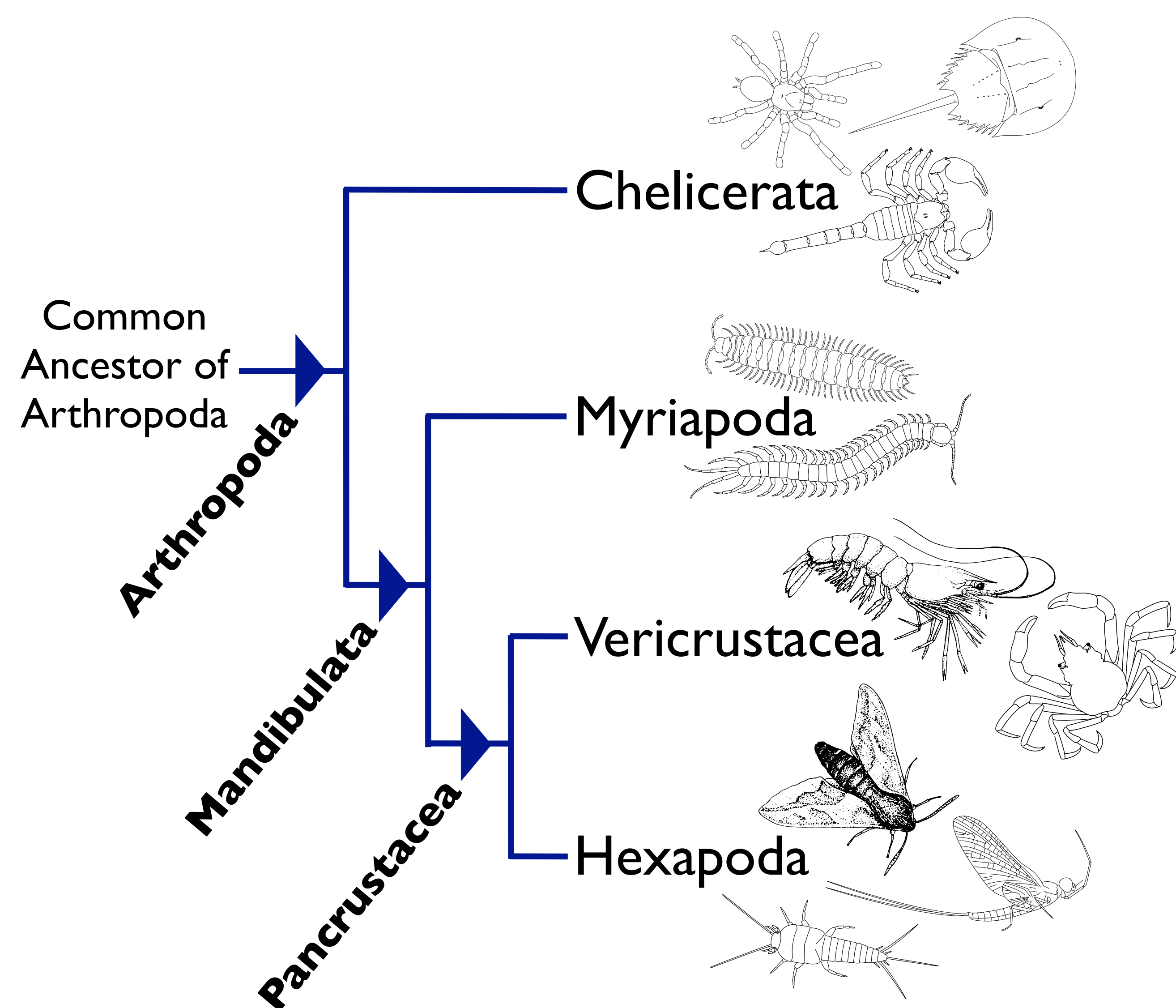
The best science indicates that insects (Hexapoda) evolved from within the crustacean lineage

...why eat crabs and shrimps but not grubs and bugs?



Who does eat insects?

Just about everyone in the world except North Europeans



Northern Europe

(what is wrong with these people?)

Asia

- wasp larvae
- aquatic insect larvae
- dragonfly damselfly adults
- waterbugs
- katydids
- cicadas
- crickets
- grasshoppers
- locusts
- silk moth pupae

Mexico North America South America

- grasshoppers
- agave larvae
- fly pupae
- ants
- termites
- wasps
- coconut palm grubs
- beetles

Africa

- palm weevil larvae
- mopane worms
- termites
- crickets
- grasshoppers
- desert locusts
- compost beetle larvae
- caterpillars
- ants
- beetles

Australia

- witchety grubs
- bogong moths
- honeypot ants
- termites

Why eat insects?

Excellent nutritionally and widely available

Nutrient	Grasshopper (100g)	Shrimp (100g)	McDonald's® Hamburger (100g)
Protein	21	21	12
Iron (mg)	5	13	15
Calcium (mg)	35	5	12
Total fat (g)	6	2	9
Calories	120	106	252

