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Lobster is seafood liked by large number of people. However, there are some people who are very conscious regarding eating lobsters because they believe in certain myths. They are:

Week or dead lobsters should not be eaten: Many people are of the opinion that dead lobsters should not be eaten but this is not at all true. They must know that as long as the lobsters are kept at a proper temperature they can easily cooked with same flavor as live lobsters.

Medium or soft shell lobsters are not as tastier as hard shell lobsters: Actually, it completely depends on oneâ€™s choice. Some people like medium or soft shell lobsters while others like hard shell lobsters.

Different colored lobsters should not be eaten: This is not true because there can be lobsters of different colors like brown, orange while some may even have spots. However, when we see lobster of different colors we think that they are suffering from some abnormalities and should not be eaten. But remember no matter of what color lobsters may be, they immediately turn red as soon as they are boiled in water. Therefore there is no problem in eating different colored lobsters.

Everyone loves to eat delicious food but today it is difficult to find tasty as well as food with less calories because generally good food means lots of calories. With the fear of intake of so many calories people tend to avoid consuming them. But Maine Lobster is considered to be one of the best ingredients for preparing any seafood dishes. Today, with the increase in popularity of these lobsters they have become costlier and everyone cannot afford it. But there was a time when these lobsters were considered to be most readily available seafood for the poor fishermen.

Moreover, Maine lobster contains omega-3 fatty acids which are really good for health; therefore, it is one of the most demanded foods among the people who love food as well as are conscious about their health. They are also rich in protein, vitamins and several other nutrients and that is the reason why it is the most sought after ingredient for preparation of different dishes. These lobsters have a positive effect on all body systems like the respiratory system, circulatory system, nervous system as well as excretory system and also improve their functioning.

Therefore, take out all myths regarding Lobster from your mind and enjoy eating delicious dishes made from Maine Lobster.

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Makjones - About Author:
Mak Jones who is a chef has vast knowledge on a lobster . For more information on a Maine lobster he suggest to visit a http://getmainelobster.com/

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