NEWFOUNDLAND & LABRADOR, NOVA SCOTIA, NEW BRUNSWICK

- 75 per cent of Canada's seafood comes from Atlantic Canada (Newfoundland and Labrador, New Brunswick, Nova Scotia, and Prince Edward Island). Here's what they're fishing:
  - 17.5 per cent lobster
  - 20.3 per cent crab
  - 14.0 per cent shrimp
  - 6.0 per cent scallops
  - 2.5 per cent herring
  - 1.8 per cent clams
  - 1.9 per cent mackerel

PRINCE EDWARD ISLAND

grows over 30 per cent of Canada's potato crops, which is why it's affectionately known as Spud Island