

Sushi Savvy

As you visit your favorite sushi restaurant be prepared with this guide.

Popular dishes from **BEST** and **GOOD** categories:

- California Roll (crab & avocado)
- Alaska Roll (Wild caught salmon, cream cheese & masago)
- Scallop Roll (Bay scallops farmed)
- Shrimp Tempura (US farmed, Oregon pink & northern)
- Tuna Roll (Albacore, Yellowfin [troll and poll caught only] & Bigeye)



Health Issues

When eating seafood, it is important to be aware of health concerns caused by contamination and pollution.

- Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm
- PCB and contaminants can be 10 times higher in farmed salmon than wild caught.
- Some fish farmers have taken steps to treat and eliminate waste in an effort to protect the environment.
- Pregnant women should avoid raw seafood, as it can carry parasites, which can cause serious illness.

What is Sustainability?

Sustainability is the practice of harvesting fish from healthy populations by environmentally friendly methods, such as farming.

Sustainability is determined through...

- Environmental assessments
- Fishing methods
- Population increase
- Study of reproduction rates

Why is it important to me?

- Harmful fishing methods can destroy my environment.
- I want these animals to be around for the future.
- Fish are a primary food source of mine.

Seafood Savvy

Seafood Savvy is an initiative created to educate the public about sustainability issues and encourage them to make environmentally responsible decisions.

What can I do?

- Use your Seafood Savvy card to make savvy choices.
- Ask questions at restaurants and markets.
- Create a sustainable environment for marine life.
- Use your knowledge to educate others about seafood sustainability.
- Stay informed by visiting www.georgiaaquarium.org

Brought to you in partnership with:



MONTEREY BAY AQUARIUM



GEORGIA AQUARIUM



American Lobster

North East Seafood Guide 2008

georgiaaquarium.org

BEST

Arctic Char (farmed)	Salmon, Pollock (Alaska wild)
Barramundi (US farmed)	Scallops: Bay (farmed)
Carfish (US farmed)	Squid: Longfin (US)
Clams, Mussels, Oysters (farmed)	Striped Bass (farmed or wild)*
Clams: Softshell/Steamer (wild)	Surgeon, Caviar (farmed)
Crab: Dungeness	Sworffish (Canada, US harpoon, headline)*
Croaker: Atlantic*	Tilapia (US farmed)
Halibut: Pacific	TROUT: Rainbow (farmed)
Herring: Atlantic/Scardines	Tuna: Albacore (US, BC troll/pole)
Lobster: Spiny (US)	Tuna: Skipjack (troll/pole)

GOOD

Basu, Swai (farmed)	Mahi mahi/Dolphinfish (US)
Black Sea bass	Oysters (wild)*
Bluefish*	Scallops: Sea (Canada and Northeast)
Clams: Atlantic Surf, Hard, Ocean Quahog (wild)	Squid/Pory
Crab: Blue*, Jonah, King (US), Snow	Srimp: Northern, (US farmed or wild)
Crab: Imitation/Surimi	Squid
Handhook (hook & line)	Sworffish (US longline)
Hake: Silver, Red and Offshore	Tilfish (mid-Atlantic)
Lobster: American/Maine	Tuna: canned light, canned white/Albacore*
	Tuna: Bigeye, Yellowfin (troll/pole)

AVOID

Chilean Sea Bass/Toothfish*	Salmon (farmed, including Atlantic)*
Cod: Atlantic	Scallops: Sea (Mid-Atlantic)
Crab: King (imported)	Shark* and Skates
Dogfish (US)*	Srimp (imported farmed or wild)
Flounders, Soles (Atlantic)*	Snapper: Red
Handhook (trowled)	Surgeon* Caviar (imported or wild)
Hake: White	Sworffish (imported)*
Halibut: Atlantic	Tilfish (Southeast)*
Mahi mahi/Dolphinfish (imported)	Tuna: Albacore, Bigeye, Yellowfin (longline)*
Monkfish, Orange Roughy*	Tuna: Bluefin*

The fish scale is an easy way for consumers to determine how their favorite seafood rates. The animals are rated on a scale of "Best" for consumption through "Good" and ending with "Avoid" consumption. Use this card to make savvy choices when you make your seafood purchase at the market or in a restaurant.

BEST The area shaded green are fish that are well-managed in a fishery or farm, not-overfished, and do not have a negative impact on the environment.

GOOD There are concerns about status, fishing methods and/or management to the animals located in the yellow area.

AVOID Problems are abundant with the fish in the red area. Poor management, overfishing and environmental impacts place the animals here.

* Contaminant levels are often elevated in species with high fat content or large species.

Seafood Recommendations from the Monterey Bay Aquarium Foundation ©2008. All Rights Reserved.

→ Fold along dotted lines

→ Fold along dotted lines