

## 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](http://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](http://www.georgiaaquarium.org)

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Red Octopus

## South West Seafood Guide 2008

[georgiaaquarium.org](http://georgiaaquarium.org)

### BEST

Barramundi (US farmed)	Pollock (Alaska wild)
Catfish (US farmed)	Salmon (Alaska wild)
Clams (farmed)	Scallops: Bay (farmed)
Cod: Pacific (Alaska longline)	Striped Bass (farmed or wild)*
Crab: Dungeness, Stone	Surgeon: Caviar (farmed)
Halibut: Pacific	Tilapia (US farmed)
Herring: Atlantic/Sardines	Tout: Rainbow (US farmed)
Lobster: Spiny (US)	Tuna: Albacore (US, BC troll/pole)
Mussels (farmed)	Tuna: Skipjack (troll/pole)
Oysters (farmed)	

### GOOD

Clams (wild)	Shrimp (US farmed or wild)
Crab: Blue*, King (US), Snow	Squid: Jumbo (Gulf of California)
Crab: Imitation/Surimi	Swordfish (US longline)*
Flourders, Soles (Pacific)	Tuna: Bigeye, Yellowfin (troll/pole)
Lobster: American/Maine	Tuna: canned light, canned white/Albacore*
Mahi mahi/Dolphinfish (US)	
Oysters (wild)*	
Scallops: Sea (Northeast and Canada)	

### AVOID

Chilean Sea Bass/Toothfish*	Salmon (farmed, including Atlantic)*
Cod: Atlantic	Scallops: Sea (Mid-Atlantic)
Corvina (Gulf of California)	Shark*: Sea Turtles
Crab: King (imported)	Shrimp (imported farmed or wild)
Flourders, Soles (Atlantic)	Snapper: Red
Groupers*	Surgeon* Caviar (imported wild)
Lobster: Spiny (Caribbean imported)	Swordfish (imported)*
Mahi mahi/Dolphinfish (imported)	Totoaba (Gulf of California)
Monkfish, Rockfish	Tuna: Albacore, Bigeye, Yellowfin (longline)*
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.

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