

For the Planet, too

A DIVE INTO SEAFOOD SUSTAINABILITY



ENJOY THE SEAFOOD YOU LOVE TODAY, TOMORROW AND ALWAYS!


If the saying “You are what you eat” is true, then eating sustainable seafood means you care about your health, the health of the planet, and enjoying truly good food.

To have a sustainable supply of seafood for future generations means that seafood needs to be caught or farmed in environmentally and socially responsible methods.

The seafood industry, along with NOAA Fisheries, environmental groups and certification programs, have worked hard to ensure a sustainable supply of seafood.



For more ways to increase your seafood intake, visit our website or follow us on social media.

 @Seafood4Health | #Seafood2xWk
seafoodnutrition.org

How to Buy Sustainable Seafood

1 LOOK FOR CERTIFIED

There are several sustainable seafood certifications and oversight programs that work with fisheries, farms and companies to ensure a safe, healthy and accountable seafood supply. For logos on seafood products, look for Aquaculture Stewardship Council (ASC) and Best Aquaculture Practices (BAP) for farmed fish, Marine Stewardship Council (MSC) and Alaska Seafood for wild-caught fish, or Fair Trade USA.



2 ASK QUESTIONS

Asking questions about how your seafood was harvested and where it came from can help you determine if it's good for the planet. In the absence of a certification, you can use this information to reference digital guides like NOAA Fisheries' FishWatch for a listing of best choices.

What to ask at the seafood counter

- What is the country of origin?
- Is there a 3rd-party certification?

3 FIND A REPUTABLE VENDOR

Making sustainable choices is easier than it has ever been. About 90% of U.S. retailers have seafood sustainability purchasing programs in place.

4 BUY U.S. SEAFOOD

The United States is a global leader in responsibly managed fisheries and sustainable seafood.

HERB-BROILED MACKEREL

Recipe adapted from NOAA Chef Laura Rogers

Servings: 4
Prep Time: 5 minutes
Cook Time: 10 minutes
Total Time: 15 minutes

INGREDIENTS:

4 mackerel fillets
¼ cup margarine or butter, softened
1 Tbsp. fresh parsley, chopped
1 Tbsp. green onion, thinly sliced
½ tsp. fresh tarragon, chopped
(or ¼ tsp. dried)
½ tsp. fresh thyme (or ¼ tsp. dried)
1 tsp. salt
⅛ tsp. freshly ground black pepper
⅛ tsp. paprika



INSTRUCTIONS:

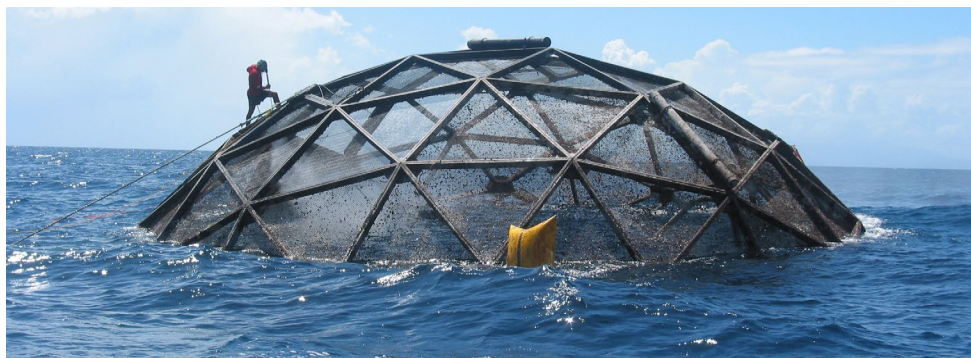
1. Place fillets in greased broiler-safe pan, without rack, skin-side down.
2. In small bowl blend together all other ingredients. Spread over fillets.
3. Broil about 4 inches from heat until fish flakes with a fork, about 8 to 10 minutes
4. Baste once or twice during cooking with pan juices.

FARMED OR WILD, WHICH SHOULD I CHOOSE?

It's not wild versus farmed, it's responsible versus not.

Sustainable seafood means that wild caught seafood comes from a well-managed fishery and farmed seafood comes from a farm following responsible practices.

The global human population is rising, but the global abundance of wild fish is not. Seafood is a high-protein, low-fat, healthy, and nutritionally rich food. Aquaculture, or seafood farming, has the capacity to help meet the growing global demand for healthy seafood. Aquaculture is the fastest growing food production system in the world, and more than half of the fish consumed globally comes from aquaculture. By choosing sustainable wild-caught and responsibly farmed seafood, you can feel confident that either is a healthy choice for you and for the ocean.



FishWatch is the nation's database on U.S. managed sustainable seafood, helping you make smart seafood choices. Search for up-to-date information on the status on U.S.-harvested and farmed seafood. The seafood profiles on FishWatch have information ranging from how the species are harvested, managed or farmed and even how they taste!

The U.S. is a global leader in sustainable seafood thanks to a rigorous science-based fisheries management process that supports the goals of sustaining fish populations, protecting habitat and other species, and keeping fishermen on the job.