

For the Planet, too

A DIVE INTO SEAFOOD SUSTAINABILITY



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

WHEN IN DOUBT, BUY U.S. SEAFOOD

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

SMOKED SALMON EGG BITES

SERVINGS: 12

PREP TIME: 5 MINUTES

COOK TIME: 17 MINUTES



INGREDIENTS

- 8 large eggs
- 1/2 cup milk
- 2 tablespoons fresh dill, minced
- 2 cups packed spinach, destemmed
- 3-4 mushrooms (you can customize these to your favorite veggies!)
- 1/2 shallot, finely minced
- 5 oz. smoked salmon filet, pulled apart into small pieces
- 1/4 cup cream cheese

DIRECTIONS

1. Preheat the oven to 350°F and spray a nonstick muffin tin with cooking spray. Crack eggs into a medium size bowl and whisk. Add milk and dill to eggs and whisk until combined. Set aside.
2. Evenly distribute spinach, shallot, mushrooms and smoked salmon into each of the muffins.
3. Next, fill each muffin about 3/4 of the way with the egg mixture and then dollop a small amount of cream cheese into each. Stir so that everything is combined.
4. Place muffin pan into the oven and bake at 350°F for approx. 17 minutes. Remove from the oven and let cool. Remove each muffin from the tin and serve!



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.