

TAKE ACTION

THINK ABOUT THE JOURNEY FROM OCEAN TO PLATE.

ASK

- Where your fish is coming from, what methods were used to catch it, and whether it is in season

BUY

- Species under best choices list and if unavailable, then choose alternatives
- Do not buy fish in the avoid list due to them being overfished, out of season, not reproductively mature or caught by destructive fishing methods

SUPPORT

- Fisherfolk that practice sustainable fishing and in turn their livelihoods

BECOME A RESPONSIBLE CONSUMER

Fish can be a great dietary choice: It's lower in calories and saturated fat than red meat and naturally higher in healthy omega-3 fatty acids. However, many fish species are overfished and may contain mercury and other potentially harmful contaminants including plastic, so be sure to choose responsibly.

Patronise local small-scale fish and food selling enterprises, along with small-scale harvest operations.

FISHERFOLK, FISH SUPPLIERS, INDIVIDUALS, CHEFS, RESTAURANTS, HOTELS & SUPERMARKETS - use our recommendations to support sustainable fisheries. Be sure to purchase local seafood in season, reproductively mature and caught in ways that do not harm the environment or other species. Support healthy oceans for now and future generations.



STAY CONNECTED

Follow us on Facebook, Twitter and Instagram and visit our website above to keep up to date with our info cards, Fishy Facts and #SlowFishWednesday social media posts.

Vote with your wallet and support local fisherfolk who are doing the right thing.



SUSTAINABLE SEAFOOD CONSUMER GUIDE



Make responsible seafood choices for your health and the environment.

BEST CHOICES



Buy these species first as they are often fast growing and reproduce quickly (e.g. flying fish & dolphin fish); current stock levels are relatively abundant and can withstand fishing pressure. They are usually well managed and caught responsibly.

ALTERNATIVES



Species under this list are good alternatives, but be aware of current population levels and how they are caught.

AVOID!



Species in this list are overfished, or caught in ways that harm the environment and other marine life; and some species may have high mercury content (e.g. sharks). Take a pass on these species.

OUR SUGGESTIONS



SIZE MATTERS!

Many of the suggestions above are in line with regional regulations, management plans and precautionary measures.