

To use your pocket guide:

1. Cut along outer solid grey line
2. Fold on dashed grey lines

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Free Call 1800 066 299

By making the right choice, we can make a difference

- Comprehensive
- Inspiring
- Empowering

Seafood Guides available at
www.marineconservation.org.au

SUSTAINABLE SEAFOOD?

3 STEP POCKET GUIDE

Make your choice count!

Australian Marine Conservation Society

STEP 1 OVERFISHED – SAY ‘NO THANKS’

Overfished	Also marketed as:
Blue warehou	Trevally, sea bream, snotty trevalla
Commercial scallop (Bass Strait)	Southern scallop
Deepwater shark	Flake, boneless fillet
Eastern gemfish	Hake, king couta, silver kingfish
Orange roughy	Deep sea perch, sea perch
Oreos (black, smooth, spiky, warty)	Dory, deep sea dory, spotted dory
Redfish	Nannygai, red snapper
School shark	Flake, tope, boneless fillet
Silver trevally	Silver bream, white trevally
Southern bluefin tuna	Tuna

Also avoid vulnerable and heavily fished species:

Bigeye tuna – Pacific Ocean	Tuna, bigeye
Broadbill Swordfish	Swordfish
Sharks and rays	Flake, boneless fillet, stingray flaps
Yellowfin tuna – Wider Pacific Ocean	Tuna

Also avoid unsustainable seacage aquaculture - e.g. seacage-grown Atlantic salmon, yellowtail kingfish, barramundi. Seacage aquaculture adds pressure to our wild fisheries, uses fish meal made from wild fish and pollutes our waterways.

STEP 2 Make a ‘better choice’ AND CHOOSE:

Whiting over oreos (dory, deep sea dory)
Bream over ‘shark’ (flake, boneless fillet)
Flathead over redfish (Nannygai)
Calamari over scallops
Tropical Trevally over tuna and swordfish

WANT TO KNOW MORE? – GET THE FULL DEAL
 Australia’s Sustainable Seafood Guide

STEP 3 Ask your fish merchant

Help us STAMP OUT poor seafood labelling. Ask these questions:

- Was that species sustainably caught or farmed?
- What is the full name of the species?
- What is the name of the company that caught, or farmed, the species?
- What fishing gear or farming practice did they use? (e.g. Seabed trawling, handline or seacages)