You can make a difference.
Be informed. Choose your seafood wisely.
Consider its sustainability and always go for green where you can.
Refer to the full guide for more information.

Things to do...
Whether you are at a supermarket, fish merchant, dining out at a restaurant or simply getting takeaway, always ask...
- Is the species overfished?
- How was it caught or farmed?
- Is it a deep-sea, slow-growing or long-lived species?

Tell your friends! Spread the word about how good it feels to eat sustainably.
Consult the website and get your hands on the full version of Australia’s Sustainable Seafood Guide or you can download the free Android or iPhone app for more information on each species.

Freecall 1800 066 299
www.sustainableseafood.org.au

Why do your choices matter?
The fish we choose directly affects the health of our oceans.
Worldwide demand for seafood is increasing, yet many populations of the fish we enjoy are overfished.
Overfishing, destructive fishing gear and poor aquaculture practices impact significantly on our seas. Once considered inexhaustible, our oceans are now in a state of global crisis and they need our help.

Be part of the solution.
Become a Sea Guardian today!

www.marineconservation.org.au

Australia’s Mini Sustainable Seafood Guide

Your guide to choosing seafood wisely
www.sustainableseafood.org.au
Eat Less

**EAT LESS** of these species. Wild caught species in this group may be caught using fishing methods that cause some damage to marine habitats or are associated with significant levels of bycatch. There may be scientific uncertainty about the status of wild caught stocks and careful management will be needed to protect stock health. If farmed, the aquaculture methods used have some environmental impacts on our seas.

### Australian Wild Caught Fish
- **Australian Salmon**
- **Crabs**
- **Goldband Snapper (WA & NT)**
- **Flathead (NSW & VIC)**
- **Bay Prawns**
- **Southern Calamari**
- **Whiting**

### Australian Farmed Caught Fish
- **Barramundi (WA & NT)**
- **Blue-eye Trevalla**
- **Blue Mussel**
- **Prawns**
- **Oysters**

### Tuna
- **Atlantic Salmon**
- **Rainbow Trout**

### Import
- **Basas**
- **Nile perch**

Say No

**SAY NO** to these species. Wild caught species in this group, whether Australian or imported, may be overfished or their capture heavily impacts our seas, eg: killing threatened or protected species as bycatch or damaging sensitive habitats. Farmed species include those produced by methods that place significant stress on our oceans.

### Australian Wild Caught Fish
- **Blue Warehou**
- **Gemmish**
- **Mulloway**
- **Orange Roughy**
- **Shark**
- **Snapper**

### Australian Farmed Caught Fish
- **Yellowtail Kingfish**

### Imported
- **Farmed Prawns**
- **Blue Grenadier**
- **Hake**
- **Tuna**

**Note:** Canned tuna sustainability is brand-dependent. Check our website, or smartphone apps for details.