

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

Better Choice



These species represent a **BETTER CHOICE**. Species in this group are not currently overfished. They are generally resilient to fishing pressure, have a history of stable catches and are caught or farmed using techniques that have low environmental impacts. Some of these species may still have minor conservation concerns, but have been assessed to be a better seafood choice.

Australian Wild Caught Fish

Marketed as/species considered

Australian Salmon	Australian Salmon
Crabs	Mud Crabs, Spanner Crabs
Goldband Snapper (WA & NT)	Tropical Snapper
Flathead (NSW & VIC)	Dusky Flathead
Bay Prawns	Prawns
Southern Calamari	Calamari
Whiting	King George & Stout Whiting
Australian Farmed	Marketed as/species considered
Barramundi	Barra
Blue Mussel	Mussel
Prawns	Black Tiger, Kuruma & Banana Prawns
Oysters	Sydney Rock, Native & Pacific Oysters

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

Marketed as/species considered

Barramundi (WA & NT)	Barra
Blue-eye Trevalla	Blue-Eye Cod
Bugs	Balmain & Moreton Bay Bugs
Flathead	Tiger Flathead
Mahi Mahi	Dolphinfish
Prawns	Western & Eastern King, Banana, Tiger, School & Endeavour Prawns
Tuna	Albacore & Yellowfin Tuna
Australian Farmed	Marketed as/species considered
Atlantic Salmon	Tasmanian/Smoked Salmon
Rainbow Trout	Ocean Trout
Imported	Marketed as/species considered
Basa	Freshwater fillet, Royal Basa & Mekong Catfish
Nile perch	Lake Victoria 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

Marketed as/species considered

Blue Warehouse Gemfish	Sea Bream
Mulloway	Hake
Orange Roughy	Jewfish
Shark	Deep Sea Perch
Snapper	Flake
	Pink Snapper, Tropical Snapper

Australian Farmed Yellowtail Kingfish

Marketed as/species considered

Kingfish, Yellowtail & Tasmanian Yellowtail

Imported

Marketed as/species considered

Farmed Prawns	Pacific White, Whiteleg & Black Tiger Prawn
Blue Grenadier	Hoki
Hake	Cod
Tuna	Albacore, Yellowfin, Bigeye Tuna

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