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...

- **What species is it?**
- **Where is it from (Country/state or territory)?**
- **How was it caught or farmed?**

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.
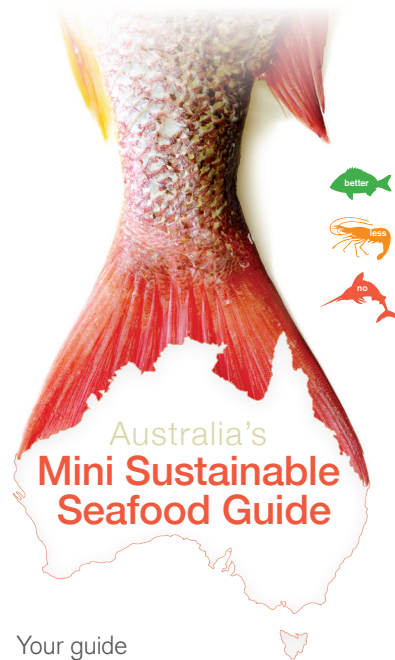
Overfishing, destructive fishing gear and poor aquaculture practices impact significantly on our seas. Once considered inexhaustible, our oceans are now in a state of global crisis and they need our help.

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

www.**marineconservation**.org.au

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better

less

no

Australia's
Mini Sustainable Seafood Guide

Your guide
to choosing
seafood wisely

Australian
Marine
Conservation
Society

www.**sustainableseafood**.org.au

Better Choice
better

These species represent a **BETTER CHOICE.** They are not currently overfished, are generally resilient to fishing pressure, have a history of stable catches and are caught or farmed using techniques that have low environmental impacts. May still have some minor issues but are a better choice.

Australian Wild
Caught Fish — Marketed as/species considered

Australian Salmon	Australian Salmon
Crabs	Mud Crabs, Spanner Crabs
Flathead (NSW & VIC)	Dusky Flathead
Bay Prawns	Prawns
Southern Calamari	Calamari
Spanish mackerel	Mackerel
Spencer Gulf King Prawns (SA)	King Prawns
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

Check our website, or smartphone apps for more details.
www.**sustainableseafood**.org.au

Eat Less
less

EAT LESS of these species. Wild-caught species may be caught using fishing methods that cause some damage to ocean habitats or have bycatch issues. Fish populations may be poorly understood and require careful management to protect stock health. Production methods for farmed species have some environmental impacts on our seas.

Australian Wild
Caught Fish — Marketed as/species considered

Barramundi (WA & NT)	Barra
Blue Grenadier	Cod, Hoki
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
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 e.g. 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 Warehou	Sea Bream
Gemfish	Hake
Mulloway	Jewfish
Orange Roughy	Deep Sea Perch
Shark	Flake
Snapper	Pink Snapper, Tropical Snapper
Southern Bluefin Tuna	Bluefin Tuna

Australian Farmed — Marketed as/species considered

Yellowtail Kingfish	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.