Sustainable Seafood

Many people eat fish for health benefits. Unsustainable fishing practices lead to overfishing, and harming wildlife, people, and water. Consider the environment when choosing fish to buy and eat.

Buy Fish Wisely

- **Look for the Label** "Certified by the Marine Stewardship Council." "Best Aquaculture Practices," "Caught/Farmed Sustainably."

- **Choose Local** Small-scale fishermen in your area might use lower-impact catch methods. This helps to preserve the environment and supports your community.

Find a New Favorite

- **Use Sustainable Seafood Guides** Check out the National Oceanic and Atmospheric Administration's Sustainable Seafood site ([Understanding Sustainable Seafood: Common Questions about Sustainable Seafood | NOAA Fisheries](#)) or a sustainable seafood app to choose the best fish in your area.

- **Try It Yourself** Fishing can be a great hobby! Check your local laws and safe fish guides first.

Avoid Waste

- **Buy Frozen** Half of all seafood is thrown out. Frozen seafood is less likely to spoil, and frozen fish cooks up just as nice as fresh.

- **Learn to Cook** Contact your local VA Nutrition Department for information on cooking classes through the Healthy Teaching Kitchen. Request a demonstration about sustainable seafood. Learning to cook seafood properly is one of the best ways to reduce waste.
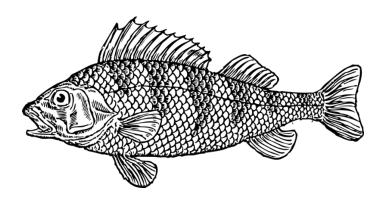
Sustainable Seafood Quick-Guide

Best Choice	Avoid
Mussels	Pollock
Shrimp (Freshwater, Whiteleg farmed in U.S.)	Grouper
Washington Caught Salmon	Halibut
Flounder from Alaska or U.S. West Coast	Pike
U.S. Crayfish	Anchovy
U.S. Caught Snapper	Imported Snapper
Tilapia farmed in indoor recirculating tanks	Tilapia farmed in China
Tuna (Albacore, Pacific light, Yellowfin)	Bluefin Tuna
Atlantic-Caught Sardines	Pacific-Caught Sardines
Alaskan Pacific Cod	
U.S. Farmed Catfish, Chesapeake Blue Catfish	
U.S. Farmed Bass	

Sustainable seafood choices vary by region. See your VA Dietitian to find the best choices for you!

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