



**THE RED LIST**

**Bluefin:**

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?fid=60](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?fid=60)

One 593 lb bluefin in Japan sold for \$736,000 Vigeland, Tess. “593-pound bluefin tuna sold for record \$736,000.” Marketplace.org. January 5, 2012.

<http://www.marketplace.org/topics/life/final-note/593-pound-bluefin-tuna-sold-record-736000>

Western Atlantic bluefin declined by 83% since 1950

Taylor N, McAllister M, Lawson G, Carruthers T, Block B (2011) Atlantic Bluefin Tuna: A Novel Multistock Spatial Model for Assessing Population Biomass. *PLoS*

*ONE* 6(12): e27693. doi:10.1371/journal.pone.0027693

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0027693>

Scientist recommended catch (2008): 22 million lbs. Legal catch limit: 65 million lbs. Actual catch: 134.5 million lbs. Greenpeace. Time and Tuna Running Out: A chronology of Greenpeace and the Mediterranean bluefin tuna fishery. Page 3.

<http://www.greenpeace.org/international/PageFiles/20919/5/Time%20and%20Tuna%20Timeline%20v3.pdf>

**Shark:**

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=57](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=57)

Up to 73 million sharks each year have their fins cut off while alive and are thrown back to die.

Clarke, S. C. et al. 2006. Global estimates of shark catches using trade records from commercial markets. *Ecology Letters*. 9:1115-1126. doi: 10.1111/j.1461-0248.2006.00968.x

<http://137.52.224.90/ocean/ghri/forms/clarke06.pdf>

32% of pelagic sharks are threatened with extinction.

Camhi, M.D., Valenti, S.V., Fordham, S.V., Fowler, S.L. and Gibson, C. 2009. *The Conservation Status of Pelagic Sharks and Rays: Report of the IUCN Shark Specialist Group Pelagic Shark Red List Workshop*. IUCN Species Survival Commission Shark Specialist Group. Newbury, UK. x + 78p.

[http://cmsdata.iucn.org/downloads/ssg\\_pelagic\\_report\\_final.pdf](http://cmsdata.iucn.org/downloads/ssg_pelagic_report_final.pdf)

**Bottom trawling:** Fishing method used for fish below, that destroys sensitive seafloor habitat. It’s like clear-cutting in the ocean.

<http://www.marine-conservation.org/what-we-do/program-areas/how-we-fish/destructive-fishing/>

# KNOW YOUR SEAFOOD

One World One Ocean  
Sustainable Seafood Month October 2012

**Infographic**

<http://www.oneworldocean.com/blog/entry/know-your-seafood-infographic>

**Citations and Further Resources**

**INTRO**

80% of fish are harvested at or above maximum sustainable yield or have collapsed.

FAO. The State of World Fisheries and Aquaculture. 2010. Page 35.

<http://www.fao.org/docrep/013/i1820e/i1820e.pdf>

The global fishing fleet is big enough to catch 2.5x what the ocean produces.

Porter, G. 1998a. Estimating overcapacity in the global fishing fleet. World Wildlife Fund, 20 pp. via Chavez, E. A. Assessing fishing capacity of the eastern tropical pacific fleet of skipjack tuna. FAO.

<http://www.fao.org/docrep/006/Y4849E/y4849e0l.htm#fn151>

**Chilean seabass:**

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?fid=13](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?fid=13)

11 nations have been caught trafficking illegal Chilean seabass.

Monterey Bay Aquarium. Chilean Seabass Seafood Watch Report. 2006 (amended 2011). Page 12.

[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_ChileanSeabassReport.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_ChileanSeabassReport.pdf)

**Orange roughy:**

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=39](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=39)

Population is less than 10-30% of estimated historical level.  
Blue Ocean Institute – Orange Roughy full species report.

<http://blueocean.org/documents/2012/03/orange-roughy-full-species-report.pdf>

**Imported shrimp:**

[http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=58](http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=58)

For every lb of shrimp caught, 3-15 lbs of other sealife are thrown away as unintended catch.

Monterey Bay Aquarium Seafood Watch. Wild-Caught Warmwater Shrimp Seafood Watch Report. 2004. Page 17.

[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_WarmwaterShrimpReport.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_WarmwaterShrimpReport.pdf)

**THE GREEN LIST**

**Certain US farmed fish:**

Omnivorous fish require fewer resources to raise than carnivorous fish

Yellowtail (wild fish feed) feed ratio is 20:1. Yellowtail (pellet feed) feed ratio 5:1.

Monterey Bay Aquarium Seafood Watch. Farmed Yellowtail Seafood Watch Report. Tables 6-7.

[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_FarmedYellowtailReport.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_FarmedYellowtailReport.pdf)

Farmed Atlantic salmon feed ratio 3.2:1

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=49](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=49)

Striped bass

Feed ratio 1.4:1

Monterey Bay Aquarium Seafood Watch. US Farmed Hybrid Striped Bass Seafood Watch Report. 2005. Page 10, “Conversion for fishmeal”.

[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_FarmedAtlanticStripedBassReport.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_FarmedAtlanticStripedBassReport.pdf)

Barramundi

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=3](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=3)

Feed ratio 0.9:1

Monterey Bay Aquarium Seafood Watch. Farmed Barramundi Seafood Watch Report. 2005. Page 13.

[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_FarmedBarramundiReport.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_FarmedBarramundiReport.pdf)

Catfish

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=9](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=9)

Tilapia

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=69](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=69)

Rainbow trout

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=73](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=73)

**Farmed shellfish (mollusks):**

Oysters

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?fid=82](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?fid=82)

1 oyster can filter 50 gallons per day

<http://college.unc.edu/2012/09/17/oyster-culture/>

Mussels

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=36](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=36)

Mussels can clean the water of particles down to a hundred thousandth of an inch, like a commercial water filter

Monterey Bay Aquarium Seafood Watch. Farmed Mussels Seafood Watch Report .2006. Page 7.

[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_FarmedMussels.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_FarmedMussels.pdf)

Clams

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=12](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=12)

**Certain Pacific wildcaught:**

Alaskan salmon

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=49](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=49)

Limits based on how many fish return to breed each year, not harvest goal for fishermen

Monterey Bay Aquarium Seafood Watch. Alaskan Salmon Seafood Watch Report. 2011.  
[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_USPacificSalmonReport.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_USPacificSalmonReport.pdf)

Halibut

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=26](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=26)

Catch limit is 20% of population, leaving 80% in the water to reproduce

Monterey Bay Aquarium Seafood Watch. Pacific Halibut Seafood Watch Report . 2007. Page 9.  
[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_PacificHalibutReport.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_PacificHalibutReport.pdf)

Sardines

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=51](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=51)

Bycatch in 1967 was 15%, bycatch today is 1%  
Monterey Bay Aquarium Seafood Watch. Pacific Sardine Seafood Watch Report. 2004. Pages 8-9.  
[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_PacificSardineReport.pdf](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_PacificSardineReport.pdf)

White seabass

[http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw\\_factsheet.aspx?gid=83](http://www.montereybayaquarium.org//cr/SeafoodWatch/web/sfw_factsheet.aspx?gid=83)

Fish caught per boat (fishing effort) more than doubled since 1982, a sign of a growing population  
White Seabass Fishery Management Plan. The Resources Agency, California Department of Fish and Game, Marine Region. 2002.  
<https://nrm.dfg.ca.gov/FileHandler.ashx?DocumentID=34193&inline=true>

**WHAT YOU CAN DO**

**Seafood Guides:**

Marine Stewardship Council  
Look for ecolabel at grocery store, look for certified restaurants, and learn more online. <http://www.msc.org/>  
Monterey Bay Aquarium Seafood Watch  
Download and print out a pocket guide for your region or download the mobile app for seafood recommendations, and learn more on their website.  
<http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>

Aquarium of the Pacific Seafood for the Future  
Review seafood recommendations and learn more online. <http://seafoodforthefuture.org/>

**Shop these grocers**

“Carting Away the Oceans” report. Greenpeace.  
<http://www.greenpeace.org/usa/en/campaigns/oceans/seafood/>  
Costco  
Whole Foods  
Safeway  
Wal-Mart  
Target  
Wegmans  
London Olympic Committee:  
<http://www.london2012.com/about-us/sustainability/food-vision/>

**Support these chefs**

Alton Brown: <http://www.mnn.com/food/healthy-eating/blogs/alton-brown-talks-sustainable-seafood>  
Barton Seaver:  
<http://blog.ted.com/2010/10/27/sustainable-seafood-lets-get-smart-barton-seaver-on-ted-com/>  
Michael Nischan  
Rick Bayless:  
[http://montereybayaquarium.typepad.com/sea\\_notes/2010/05/sustainable-seafood-an-interview-with-rick-bayless.html](http://montereybayaquarium.typepad.com/sea_notes/2010/05/sustainable-seafood-an-interview-with-rick-bayless.html)  
Alain Ducasse  
Many others:  
- <http://www.time.com/time/world/article/0,8599,2037894,00.html>  
- [http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/recipes/default.aspx?c=ln](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/recipes/default.aspx?c=ln)  
- <http://www.oceanfriendlychefs.org/>



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