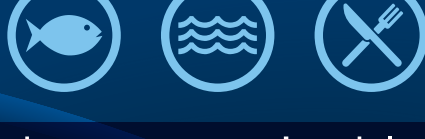


AQUARIUM DU QUÉBEC MENU BLEU MARIN



2016 guide to sustainable seafood



May 2016



Assessments of different species were conducted by the Monterey Bay Aquarium's Seafood Watch Program. The assessment process is recognized for its scientific rigour and transparency, but so far not all regional characteristics have been taken into account. We therefore invite consumers to avoid the red category and be aware of the possible choices in the green or yellow categories.

When Québec-fished species are available and appear in the green or yellow categories, their transport-related proximity makes them good choices. Moreover, choosing a Québec product from the green category (seafood Watch) and/or one that has MSC (Marine Stewardship Council) certification motivates Québec fishers to keep improving their fishing techniques, ensuring the sustainability of an important industry, responsible fish stock management and the protection of our oceans.

By consuming seafood products which are caught or farmed in a way that respects the environment, you contribute to keeping our oceans prolific and healthy. This information sheet will help you make more ecological choices when you purchase seafood products.

At the fish store or restaurant, read the labels or ask the following questions:

- Where does the fish or seafood come from?
- Was it fished or farmed?
- How was it fished?



**Red:
to avoid**

Avoid eating these products for now, as the items are caught or farmed in ways that harm other marine life or the environment.



**Yellow:
Good
Alternative**

Good alternatives are an option, but there are concerns with how they're caught or farmed – or with the health of their habitat due to other human impacts.



**Green:
Best Choice**

The stocks are abundant, well managed and caught or farmed in environmentally friendly ways.

Name	Origin	Method	Associations that support the choices or Approved by:		
Arctic char <i>Salvelinus alpinus</i>	Can., USA Europe	Farmed (closed system)			
Clams <i>All species</i>	Worldwide	Farmed			
Cod, Atlantic <i>Gadus morhua</i>	Canada and USA (Atl.)	Trawl			
	Worldwide	Farmed			
Cod, Pacific <i>Gadus macrocephalus</i>	USA	Longline Traps Handline			
	USA Canada	Trawl			
Crab Alaska king <i>Paralithodes camtschaticus,</i> <i>P. platypus,</i> <i>Lithodes aequispinus</i>	US (Alaska)	Traps			
Crab, Snow, Tanner <i>Chionoecetes opilio,</i> <i>C. bairdi, C. tanneri,</i> <i>C. angulatus</i>	Canada (Labrador, Nova Scotia, Newfoundland)	Traps			
	USA, Canada (Southern Gulf of St-Lawrence)	Traps			
Haddock <i>Melanogrammus</i> <i>aeglefinus</i>	USA (Atl.)	Wild			
	USA Gulf of Maine	Wild			
	Marine Stewardship Council Certified	Wild			
Halibut – Plaice – Sole <i>All species</i>	Atlantic	Trawl			
Halibut, Atlantic <i>(Hippoglossus hippoglossus)</i>	Nova Scotia	Farmed			
	Atlantic	Wild			
Halibut, Pacific <i>Hippoglossus stenolepis</i>	Canada, USA (Pacific)	Wild			
Herring, Atlantic <i>Clupea harengus</i>	USA (Atlantic)	Wild			
Lobster, American <i>Homarus americanus</i>	Canada (Atlantic)	Wild			
	Îles de la Madeleine	Wild			
Mackerel Atlantic <i>Scomber scombrus</i>	Canada, USA (Atlantic)	Purse seine			
	USA (Atlantic)	Trawl			
Mussels <i>Mytilus spp., Perna spp.</i>	Worldwide	Farmed			
Oysters <i>Ostrea spp., Crassostrea</i> <i>spp., Saccostrea spp.</i>	Worldwide	Farmed			
Pangasius <i>Pangasius buchani</i>	Worldwide	Farmed			
Pollock <i>Theragra chalcogramma</i>	USA Canada	Wild			
Prawn, Freshwater <i>Pangasius buchani</i>	Worldwide except Asia	Farmed			
Salmon, Atlantic <i>Salmo salar</i>	Worldwide	Farmed			
Salmon Wild Pacific (all) <i>Oncorhynchus</i>	USA (Alaska)	All methods			
	Marine Stewardship Council Certified	All methods			
	USA (Except Alaska)	All methods			
Scallop <i>Argopecten irradians</i>	Worldwide	Farmed			
	Marine Stewardship Council Certified	Wild			
Scallop Sea <i>Placopecten magellanicus</i>	Canada, USA, Mexico (Atlantic)	Wild			
	Marine Stewardship Council Certified	Wild			
Shark/Dogfish <i>Carcharhinus limbatus</i> <i>C. plumbeus,</i> <i>Alopias vulpinus, Isurus oxyrinchus,</i> <i>Squalus acanthias, Mustelus canis</i>	Worldwide	All methods			
Shrimp, Pink <i>Pandalus jordani, P.</i> <i>borealis eous</i>	USA, Canada	Wild			
Spiny lobster California <i>Panulirus interruptus</i>	USA (California)	Traps			
	Mexico	Traps			
Spiny lobster, Caribbean <i>Panulirus argus</i>	Mexico	Diver-caught			
	Bahamas	Wild-caught			
Tilapia <i>Oreochromis spp.,</i> <i>Sarotherodon spp.,</i> <i>Tilapia spp.</i>	Canada, USA, Ecuador	Farmed			
	China, Taiwan	Farmed			
Trout Rainbow <i>Oncorhynchus mykiss</i>	USA	Farmed			

1 2 3



You can make a difference:

Support ocean friendly seafood by purchasing seafood from the green list, or if unavailable, the yellow list. Or look for the Marine Stewardship Council blue ecolabel or the Ocean Wise label in Supermarkets, Fish shops and restaurants. Also buying locally is a good way to reduce the environmental impacts associated with transportation and to help the local economy.

Find out more:

Our recommendations are based on research by Monterey Bay Aquarium scientists. For more information about your favourite seafoods, including items not listed (such as tuna), visit the following websites:

www.seafoodwatch.org

www.msc.org

www.oceanwise.ca

www.aquariumduquebec.com

Web link:

This program is made possible thanks to the founding members:



www.aquariumduquebec.com