A Guide to Sustainable Seafood.

But it's not too late.
If everyone changed their eating habits and chose Ocean Wise® seafood, together we could make a big difference.

The Ocean Wise symbol next to a seafood item is our assurance of an ocean-friendly choice.

Ocean Wise recommended seafood has to meet these four criteria:

- **ABUNDANT & RESILIENT**: Species that are able to reproduce quickly and are resilient to fishing pressures.
- **WELL-MANAGED**: A comprehensive management plan, based on current scientific research.
- **LIMITED BY-CATCH**: By-catch are species that are accidentally caught by fishing gear.
- **LIMITED HABITAT DAMAGE**: Different fishing and farming techniques can have varying impacts on habitats.

Ocean Wise reviews the latest scientific information to recommend sustainable seafood choices to Ocean Wise partners.

Ocean Wise has over 700 partners Canada-wide.

Globally we’re eating more seafood than ever before:

- **1961**: 9 kg
- **2016**: 20 kg

Global average seafood consumption per person

Seafood is the primary source of protein for OVER ONE BILLION PEOPLE.

91% of Canadians want their seafood to be sustainable.

But only 11% buy sustainable seafood every time they shop.

Ocean friendly seafood on the go.

Download the Ocean Wise seafood app to find participating restaurants and retailers to make smart choices for our oceans.

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Ocean Wise Aqua Cultures now accounts for over half of the seafood we consume globally.

Illegal, unreported & unregulated fishing remains a problem in many poorly managed fisheries.

Overfishing is the greatest threat our oceans face today.

49% of the major fish stocks in Canadian waters are considered ‘healthy’

1/3 of the world’s fish stocks are OVERFISHED.

4 OF EVERY 10 FISH caught are bycatch.

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## Ocean Wise® Recommended Sustainable Seafood

**YOU CAN HELP** by choosing seafood with an Ocean Wise symbol on menus or in markets. These recommendations are ocean-friendly choices. For a complete list of Ocean Wise seafood, visit ocean.org/seafood.

### ARCTIC CHAR
- **Worldwide:** Closed-system farmed
- **Nunavut:** Bottom gillnet or weir

A popular choice for grilling, and a great substitute for trout or salmon, Arctic char is sustainably farmed with closed, land-based systems, reducing many of the risks of open-net-pen farming. Arctic char is also caught by bottom gillnet or weir in Cambridge Bay, Nunavut, part of a sustainable small-scale fishery.

### PICKEREL
- **WALLEYE**
- **LAKE ERIE, HURON & ONTARIO**
- **Bottom gillnet or trap net**

A delicate, mildly sweet-flavoured freshwater fish that is quite lean. Tastes very good poached or steamed with ginger and garlic, but heavy sauces are not recommended. Bottom gillnets and trap nets cause minimal damage to the surrounding environment.

### PACIFIC HALIBUT
- **B.C.**
- **Bottom longline or handline caught**

A lean, white-fleshed fish with a firm texture and distinctive flavour. Very versatile, halibut lends itself to many cooking techniques including frying, grilling, baking, and broiling. The Pacific halibut fishery is jointly regulated by Canada and the U.S. with annual catch limits.

### SABLEFISH
- **BLACK COD**
- **ALASKA & B.C.**
- **Bottom longline, trap caught or bottom trawl**

A richly flavoured fish with a high fat content and a smooth, velvety texture. Similar to cod, sablefish is white fleshed with large, delicate flakes. B.C. and Alaskan sablefish fisheries are well-managed using bottom longlines, traps, and bottom trawls.

### ATLANTIC SALMON
- **WORLDWIDE**
- **Closed-system farmed**

A moratorium on commercial Atlantic salmon fishing in Canada has been in place since 1998. The purpose of a closed containment system (on land) is to restrict and control the potentially negative interactions between farmed salmon and the surrounding aquatic environment - water contamination, disease, and especially threats to wild fish population.

### LAKE WHITEFISH
- **LAKES HURON, SUPERIOR, ONTARIO & ERIE**
- **Bottom gill net or trap net caught**

This white-fleshed, freshwater fish is extremely versatile and easy to cook. Its delicate taste and medium-to-firm texture is comparable to a salmon fillet. Lake whitefish populations have recovered from previous overfishing and are now considered healthy, abundant, and well-managed.

### NORTHERN COLDWATER PRAWN
- **GULF OF ST. LAWRENCE**
- **Bottom trawl**

Northern shrimp are sweet and delicate and although they are much smaller than their tropical cousins, they are more sought after than the warm water varieties. The fishery is subject to several management measures. For instance, to reduce bycatch of groundfish, all shrimp trawlers must be fitted with a Nordmore separator grate.

### PACIFIC COD
- **PACIFIC**
- **Bottom longline, bottom trawl, jig or trap caught**

A lean, white-fleshed fish with medium flavour and a medium texture. Baked, battered, or pan-fried, it’s a versatile fish with many different cooking options. Pacific cod is well-managed as part of the groundfish fishery.

### RAINBOW TROUT
- **STEELHEAD**
- **EXCLUDING SOUTHEAST ALASKA**
- **Seine net; gill or troll caught**

This freshwater trout is known for its mild flavour and tender, light pink flesh. Lemon juice, fresh herbs, butter, and almonds are popular flavour pairings for this fish. Rainbow trout that are farmed using closed ‘raceways’ reduces many of the risks associated with conventional open-net lake-pen farming.

### SALMON:
- **CHUM, PINK, SOCKEYE**
- **B.C. & ALASKA**
- **EXCLUDING SOUTHEAST ALASKA & YAKUTAT**
- **Seine net; gill or troll caught**

Salmon vary in taste from light and mild to rich and buttery. B.C. and Alaskan Wild Pacific salmon are an intensively managed species, a great alternative to open-net pen-farmed salmon.