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# Healthy Seas Healthy Seafood

## Consumer Guide to Environmentally Friendly Seafood



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**New You know,  
Now You can Act!**

You can download and use the guide when selecting your meal. Whenever possible please ask for seafood from the green list. They present a wide variety of healthy and nutritious food.

Please be careful and aware when you select seafood from the yellow list. These products are often not produced in a sustainable and environmentally friendly way.

Please refrain from ordering seafood from the red list. These products are in serious decline in the wild or cause large and unwanted by-catch

of other endangered or protected species.

This list is not complete and final. Items may shift from one category to another at some time. New updates and some great seafood recipes will be regularly published at the WWF website: [www.wwf.or.id](http://www.wwf.or.id) or [www.panda.org](http://www.panda.org)

Codes:

1=legally protected species; 2=low fecundity and vulnerable to over-fishing; 3=capture techniques threaten habitat integrity; 4=health hazard due to potential ciguatera or metal bioaccumulation.



### Healthy Seas, Healthy Seafood

Consumer Guide to Sustainable Seafood  
Consult this guide before you order your seafood



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## Do You Know

- Lobster grows and matures very slowly. Lobsters are easy to catch so they are becoming increasingly rare in the wild.
- Lobster is sometimes caught with poison. The poison kills the reef and its other inhabitants.
- Shark fins are obtained from sharks that are often caught in nets or on long-lines that also capture dolphins, turtles, birds and other marine life as by-catch.
- Shark meat is often discarded after the fins are cut off.
- Sharks grow and mature very slowly. Shark populations have gone down dramatically in the past 10 years.
- Baby sharks are getting rare as their adults are being over-fished. Baby sharks could restore the dwindling shark population when they are left to live and grow.
- Prawns are caught with trawlers that destroy the near shore ocean bottom ecosystem. By-catch often includes turtles and other marine mammals.
- Prawns are often farmed in ponds dug out of cleared mangrove forests. Without the mangrove trees, coastlines erode and natural fish nursery areas disappear.

• Grouper is often caught with poison that kills the reef.

• Grouper grows and matures slowly. Groupers are also important in balancing the reef fish community.

• Reef fish are often caught with explosives. Many snappers, rabbitfish, groupers, fusiliers, triggerfish and surgeonfish are typical blast fishing catches. The explosive kills the reef for many decades, and the reef sometimes does not regenerate at all.

• Pelagic fish such as mackerel, tuna and trevally make great dishes and are simply prepared.

A combination of too much fishing pressure and destructive capture techniques have caused reef and inshore fish stocks to collapse in many areas in Indonesia.

What does that have to do with you?

Not all areas in Indonesia represent gloom and doom. By selecting wisely when you wish to enjoy seafood, you can help to ensure that our fisheries remain sustainable and the marine ecosystem remains healthy.

### AVOID

- abalonies [3]
- coconut crab [2]
- dolphins [2]
- dugong [1]
- giant clam [1]
- grouper [2,3]
- lobster [2]
- manta ray [2]
- napoleon wrasse [2,3]
- sun fish/mola-mola [2]
- sharks, all products [2]
- triton [2,3]
- trochus [3]
- turtle egg [1]
- turtle [1]
- whale shark [2]
- blue fin tuna [2]

### REDUCE

- emperor/scavenger [3]
- fish egg [3]
- flounder [3]
- yellow tail [3]
- crab [3]
- marlin [4]
- octopus [2,3]
- rabbit fish [3]
- sea cucumber [3]
- sweetlips [3]
- trigger fish [3]
- big eye tuna [2]
- yellow fin tuna [2]
- sea horse [3]
- sword fish [4]
- shrimp [3]
- snapper [3]
- rays [3]
- butana [3]

### SAFE

- anchovies
- barracuda
- mahi-mahi
- eastern little tuna
- marine catfish
- milk fish
- pomfret
- rainbow runners
- sardines
- scads
- skipjack tuna
- little mackerel
- spanish mackerel
- squid
- albacore tuna
- trevally
- jelly fish

cut here

fold here

fold here