

Overfishing, pollution, habitat degradation and the effects of climate change are increasingly depleting the **biodiversity** of our seas.

Through **conservation**, marine resource **management** and **research**, organisations such as Marine Protected Areas and scientific institutes are trying to fight this decline. But **you too** can do something to reduce your ecological footprint on the ocean, starting with your **food choices**.

This pocket guide provides tips to help you make more responsible choices in your **seafood purchasing** in order to minimize our impact on the sea and its inhabitants.

USE YOUR BRAIN
A conscious purchase is the first step towards a sustainable choice. Read the label, get information on the internet, ask your trusted fishmonger for advice, listen to marine scientists.

CHOOSE LOCAL
Zero-mile products are fresher and more sustainable: if you buy them, you help lower CO₂ emissions into the environment and support local producers.

MIND THE GEAR
Not all fishing methods are equal: the most sustainable fishing gears do not destroy habitats and are selective, i.e. they only catch the species they are meant to.

HANDS OFF THE LITTLE ONES
Only eat adult fish: this will give the young fish time to grow, reproduce and ensure the future of the species.

EAT SEASONALLY
If you consider seasonality for fruits and vegetables, why don't you do the same for fish? To make sustainable choices, check the calendar in this guide.

TASTE BIODIVERSITY
The list doesn't end with tuna, salmon, gilthead bream and sea bass. The sea is full of delicious fish! Try even the lesser-known (and often cheaper) ones: you'll contribute to the conservation of overexploited species and uncover unique flavours.



**USE YOUR BRAIN:
READ THE LABEL!**

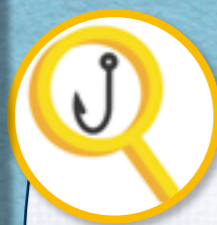
FISH SHOP'S NAME

SPECIES NAME

PRICE PER KG

HARVESTING METHOD

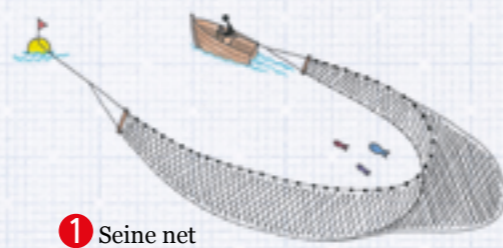
- Sea fishing
- Fresh water fishing
- Aquaculture



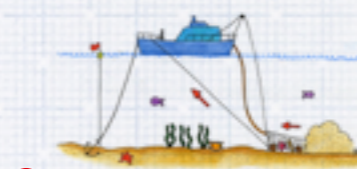
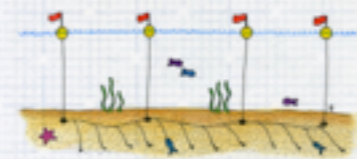
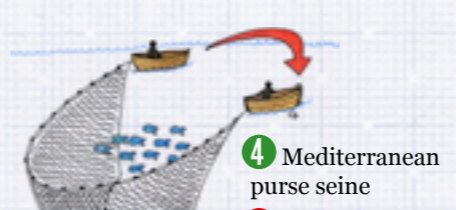
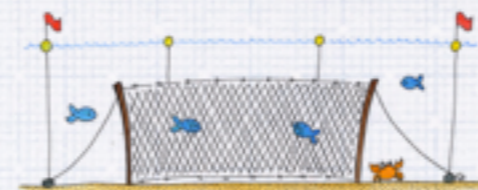
MIND THE GEAR!

The number on this part of the label indicates the fishing gear used. Not all are sustainable: some, such as hydraulic dredges and bottom trawls, have a great impact on the marine environment and its biodiversity.

- LEGEND:**
- avoid
 - second choice
 - first choice



2 Midwater trawl



Marino's Fish shop

ANCHOVIES

9,00€ KG

FAO AREA OF CATCH/PRODUCTION

37.2.1

PRODUCTION METHOD

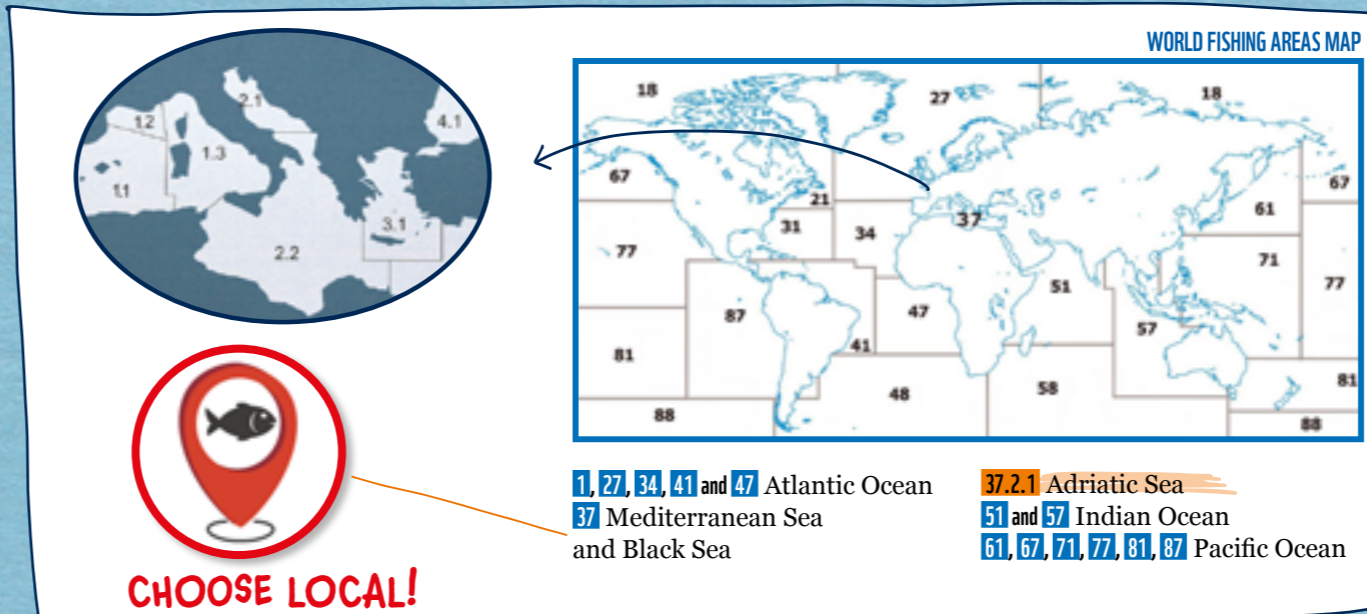
SEA FISHING

FISHING GEAR

4

PRESERVATION METHOD

FRESH



CHOOSE LOCAL!

FAO AREA OF CATCH/PRODUCTION

PRESERVATION METHOD

- Fresh
- Defrosted
- Frozen/deep-frozen

A GUIDE TO CONSCIOUS SUSTAINABLE SEAFOOD CONSUMPTION



NOT ALL FISH ARE THE SAME!

This publication was realized by



and adapted into English with the contributions and support of



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Graphic design and layout: Pika - Soluzioni Grafiche - Trieste
Printing: Grafiche Filacorda - Udine



EAT SEASONALLY

Understanding the **seasonal patterns** of fish is vital to avoid buying it during its **spawning period**: this favours not only the specific species but also the overall marine biodiversity. The calendar shows the **best seasons** for purchasing species that **are not overfished**. Some of them may be caught with sustainable gear (such as gillnets - COD.3 on the label) or highly unsustainable gear (such as bottom trawls - COD.2 on the label). Therefore, in addition to seasonality, you should also check the **fishing method**.

SPRING

BONITO

CUTTLEFISH

HORSE MACKEREL

ESTATE

ANCHOVY

SARDINE

BONITO

GARFISH

SPOTTAIL MANTIS SQUILLID

HORSE MACKEREL

AUTUMN

SAND SMELT

BLUEFISH

HORSE MACKEREL

ANNULAR SEABREAM

RED MULLET

WINTER

SAND STEENBRAS

COMMON PANDORA

EUROPEAN FLOUNDER

ANNULAR SEABREAM

ALL YEAR ROUND

BOGUE

SQUID

MULLET

TUB GURNARD

WHITING

GILTHEAD BREAM

OCTOPUS

SALEMA

MACKEREL

SOLE



HANDS OFF THE LITTLE ONES

This table contains various species, both fished and farmed, along with their **minimum catch and sale sizes**, as set by specific regulations. The minimum sizes represent the **adult fish**, which have already contributed to the species' survival through reproduction. If you are uncertain about the size of the fish you're about to purchase, use the ruler on this page.

R: recommended size
TL: total length

A standard measurement of 7 cm applies for species for which the law does not specify a minimum size (except for those that reach adulthood before this length).

COMMON NAME	SCIENTIFIC NAME	MINIMUM SIZE
Anchovy	<i>Engraulis encrasicolus</i>	9 cm
Garfish	<i>Belone belone</i>	25 cm
European lobster	<i>Homarus gammarus</i>	30 cm (LT)
Bogue	<i>Boops boops</i>	15 cm (R)
Sea bass	<i>Dicentrarchus labrax</i>	25 cm
Squid	<i>Loligo vulgaris</i>	12 cm (R)
Mullet and golden grey mullet	<i>Mugil cephalus</i> and <i>Chelon auratus</i>	20 cm
Whiting	<i>Merlangius merlangus</i>	20 cm
Sand steenbras	<i>Lithognathus mormyrus</i>	28-30 cm (R)
Horned octopus	<i>Octopus vulgaris</i>	20 cm
Gilthead bream	<i>Sparus aurata</i>	15-20 cm (R)
Common pandora	<i>Pagellus erythrinus</i>	15 cm
Bonito	<i>Sarda sarda</i>	25 cm
European Flounder	<i>Platichthys flesus</i>	15 cm
Salema	<i>Sarpa salpa</i>	15 cm (R)
Annular seabream	<i>Diplodus annularis</i>	23 cm
Sardine	<i>Sardina pilchardus</i>	11 cm
Langoustine	<i>Nephrops norvegicus</i>	7 cm (LT)
Mackerel	<i>Scomber scombrus</i>	18 cm
Sole	<i>Solea solea</i>	20 cm
Horse mackerel	<i>Trachurus trachurus</i>	15 cm
Red mullet	<i>Mullus barbatus</i>	11 cm



OFF MENU

FISH WE MUST NOT EAT

What about smooth hounds, dogfish and porbeagles? If we can, let's leave them in the sea: all **shark** and **ray** species are facing severe endangerment, with over one in three now at risk of **extinction**. Overexploited species are not the only ones that should not end up on our tables: we should also avoid those sourced from **distant regions** (entailing high energy and environmental costs), or are fished with **unselective gear** (i.e. causing accidental capture of other species) or impacting marine environments.

Here are some we mustn't eat, but it won't be hard to find an alternative!

EEL

SWORDFISH

SCALLOP

RAY

SMOOTH HOUNDS AND OTHER SHARKS

LONGFIN TUNA

