

Fish News And Notes

Ten Ways To Choose Sustainable Seafood

(NAPS)—A seafood-rich diet offers major health benefits. Federal Dietary Guidelines recommend two to three servings of seafood a week but fewer than one in five Americans heed that suggestion. Between concern over mercury levels, environmental protection and the benefits of farmed vs. wild-caught fish, many consumers find selecting seafood anything but simple.

The good news is you can get seafood that's safe, sustainable—and delicious. Follow these 10 tips to make informed choices.

1. Quality is key. Select fish that smells clean and briny, free of any fishy or sour odor. When choosing a fillet, flesh should be bright and firm. That goes for the outside, too—look for shiny skin and scales.

2. Frozen fish is cool. Go beyond your seafood counter—often, a grocery store's frozen case contains a wider selection of healthy and sustainably raised options. Modern flash-freezing techniques ensure frozen fish tastes just as good as its fresh counterpart.

3. Check labels. Look for endorsements from reputable organizations such as Monterey Bay's Seafood Watch, Ocean Wise, Marine Stewardship Council and Fair Trade Certified. These guarantee that the seafood has been raised or caught sustainably with minimal environmental impact and using fair labor practices.

4. Avoid mercury. In this case, lower on the food chain is better. Salmon, cod and haddock are all FDA-approved selections low in mercury.

5. Fish should be additive free. Fish that is free of antibiotics, GMOs and added hormones offer a healthier option than conventionally raised seafood.

6. Choose responsibly farmed. Sustainable aquaculture reduces overfishing and the depletion of wild fish stocks and uses a fraction of the resources required to produce other animal proteins. When raised responsibly, farmed seafood is an environmentally friendly alternative to wild-caught fish and other types of meat such as beef or chicken. Choose sustainably farmed



It's no fish tale: Eating seafood is good for you.

fish approved by third-party regulatory organizations.

7. Omega-3s, please. One of seafood's most prized health benefits is its high omega-3 fatty acid content, an essential component of good health. Salmon, mackerel and sardines are among many options rich in heart- and brain-boosting omega-3s.

8. Value transparency. When buying seafood, traceability is crucial. Look for 100 percent traceable options to ensure fish is sourced from approved farms and fisheries.

9. Go beyond fish. Fish is not the only seafood option. Shellfish such as mussels, oysters and clams can be farmed sustainably and offer the health benefits found in other seafood.

10. Say no to bycatch. Avoid unintentional harm of other animals by choosing fish that's either farmed or caught with eco-friendly equipment. When choosing wild, look for fish that is pole-and-line or troll caught—that means it was fished one at a time instead of in nets that indiscriminately trap other marine life.

Blue Circle Foods offers responsibly farmed and fished seafood you can trust. The company is at the forefront of sustainable seafood, and its products are 100 percent traceable; free of GMOs, added hormones and antibiotics; and are sourced using fair labor practices. Plus, it partners with reputable third-party organizations to source products that are better for you and for the environment.

Learn More

For recipes, tips and to learn more about sustainable seafood, visit www.bluecirclefoods.com.