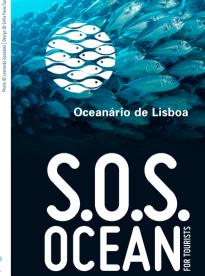
AROUND THE WORLD AS A MAIN SOURCE OF **EACH**



Oceanário de Lisboa



Many marine species are endangered because they are caught in large quantities or with fishing gears that destroy their habitats. Protecting the oceans is easier than you can imagine. The future of the oceans depends on you.



BEST CHOICE

respecting the environment

GOOD ALTERNATIVES

Species which fishing or farming methods present some concerns; abundant species with few breeders or insufficient information about their status; or species which habitat is at risk due to human action.

AVOID

Vulnerable species, overfished, with deficient management or inadequate fishing or farming methods and/or with impact on the environment.

Atlantic horse mackerel (> 15cm)

Cuttlefish (>10cm)

Gilthead seabream (farmed)

European hake (>27cm)

Common octopus (+>750g) •

European seabass (farmed) •

Carpet shell clam (farmed)

Atlantic cod

Wreckfish •

Gilthead seabream (>19cm)

Grouper

European seabass (>36cm)

Seabream (>15cm)

European pilchard (>11cm)

Atlantic bluefin tuna (<115cm or <30kg) •

Atlantic cod (<35cm)

Atlantic horse mackerel (< 15cm)

European eel •

European hake (<27cm)

European pilchard (<11cm)

Angler fish •



- Good source of potassium
- High levels of heavy metals, consume with moderation, specially pregnants and children