

AROUND THE WORLD  
3 BILLION  
PEOPLE  
DEPEND  
ON FISH  
AS A MAIN SOURCE OF  
ANIMAL  
PROTEIN

EACH  
PERSON  
CONSUMES  
19 KG  
OF FISH  
PER YEAR



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.

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Oceanário de Lisboa

S.O.S.  
OCEAN FOR TOURISTS

## BEST CHOICE

Abundant species, captured or farmed in a sustainable way, respecting the environment.

Atlantic horse mackerel (> 15cm) ●

Cuttlefish (>10cm)

Gilthead seabream (farmed) ●

European hake (>27cm) ●

Common octopus (+>750g) ●

European seabass (farmed) ●

Carpet shell clam (farmed) ●

## 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.

Atlantic cod

Wreckfish ●

Gilthead seabream (>19cm) ●

Grouper

European seabass (>36cm) ●

Seabream (>15cm)

European pilchard (>11cm) ●

## AVOID

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

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

Atlantic cod (<35cm)

Atlantic horse mackerel (< 15cm) ●

European eel ●

European hake (<27cm) ●

European pilchard (<11cm) ●

Angler fish ●



### LEGEND

- Low cholesterol content
- Good source of omega-3 fatty acids
- Good source of magnesium
- Good source of potassium
- High levels of heavy metals, consume with moderation, specially pregnant and children