

A Guide to Sustainable Seafood.


 Sépaq
Aquarium
du Québec



 **1/3**
of the world's fish stocks are
OVERFISHED

49%
of the major fish stocks
in Canadian waters are
considered 'healthy'

**Illegal,
unreported &
unregulated**
fishing remains a problem in
many poorly managed fisheries


4 OF EVERY 10 FISH
caught are bycatch


Overfishing
is the greatest threat
our oceans face today


AQUACULTURE
now accounts for over
half of the seafood
we consume globally

Ocean Wise recommended seafood
has to meet these four criteria:

**ABUNDANT &
RESILIENT**

Species that are able to
reproduce quickly and
are resilient to fishing
pressures.

WELL-MANAGED

A comprehensive
management plan,
based on current
scientific research.

**LIMITED
BY-CATCH**

By-catch are species
that are accidentally
caught by fishing gear.

**LIMITED
HABITAT DAMAGE**

Different fishing and
farming techniques can
have varying impacts
on habitats.

Ocean Wise reviews the latest scientific
information to recommend sustainable seafood
choices to Ocean Wise partners.

Ocean Wise
has over **700** partners
Canada-wide

Globally we're eating **more seafood**
than ever before

1961

9 kg

Global average seafood
consumption per person

2016

20 kg

But it's not too late.

If everyone changed their eating habits
and chose Ocean Wise® seafood,
together we could make
a big difference.



The Ocean Wise symbol
next to a seafood item is
our assurance of an
ocean-friendly choice.

Seafood is the primary source of protein for
OVER ONE BILLION PEOPLE

91% of Canadians
want their seafood to
be sustainable.

BUT ONLY

11% buy sustainable
seafood every time
they shop.

Ocean friendly seafood on the go.

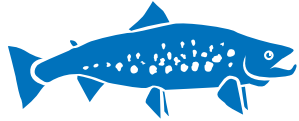
Download the Ocean Wise seafood app to
find participating restaurants and retailers
to make smart choices for our oceans.

 ocean.org/seafood

   [oceanwiselife](https://www.instagram.com/oceanwiselife)

Ocean Wise® Recommended Sustainable Seafood

YOU CAN HELP by choosing seafood with an Ocean Wise symbol on menus or in markets. These recommendations are ocean-friendly choices. For a complete list of Ocean Wise seafood, visit ocean.org/seafood.



ARCTIC CHAR

Worldwide: Closed-system farmed

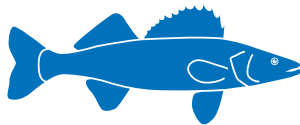
Nunavut: Bottom gillnet or weir

A popular choice for grilling, and a great substitute for trout or salmon, Arctic char is sustainably farmed with closed, land-based systems, reducing many of the risks of open-net-pen farming. Arctic char is also caught by bottom gillnet or weir in Cambridge Bay, Nunavut, part of a sustainable small-scale fishery.

PICKEREL WALLEYE LAKE ERIE, HURON & ONTARIO

Bottom gillnet or trap net

A delicate, mildly sweet-flavoured freshwater fish that is quite lean. Tastes very good poached or steamed with ginger and garlic, but heavy sauces are not recommended. Bottom gillnets and trap nets cause minimal damage to the surrounding environment.



PACIFIC HALIBUT

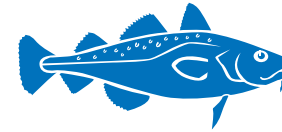
B.C.
Bottom longline or handline caught

A lean, white-fleshed fish with a firm texture and distinctive flavour. Very versatile, halibut lends itself to many cooking techniques including frying, grilling, baking, and broiling. The Pacific halibut fishery is jointly regulated by Canada and the U.S. with annual catch limits.

NORTHERN COLDWATER PRAWN GULF OF ST. LAWRENCE

Bottom trawl

Northern shrimp are sweet and delicate and although they are much smaller than their tropical cousins, they are more sought after than the warm water varieties. The fishery is subject to several management measures. For instance, to reduce bycatch of groundfish, all shrimp trawlers must be fitted with a Nordmore separator grate.



PACIFIC COD

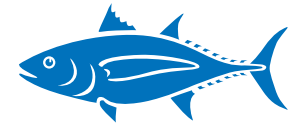
PACIFIC
Bottom longline, bottom trawl, jig or trap caught

A lean, white-fleshed fish with mild flavour and a medium texture. Baked, battered, or pan-fried, it's a versatile fish with many different cooking options. Pacific cod is well-managed as part of the groundfish fishery.

ALBACORE TUNA B.C. & NORTH ATLANTIC

Pole or troll caught

Known for its rich flavour, due to the high fat content. Albacore tuna is fast growing and highly reproductive, making them inherently resilient to fishing pressure. Troll or pole fishing methods result in much lower incidents of by-catch than are typical with more common method of pelagic longline.



SHELLFISH: CLAMS, MUSSELS, OYSTERS, SCALLOPS

Beach or suspension farmed

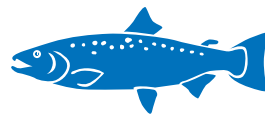
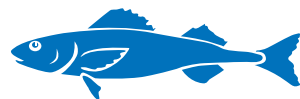
*Northwest Atlantic:
Hand rake or tong*

From stews to à la carte delicacies, shellfish are an important part of Canadian cuisine, varying in taste from mild and delicate to rich and earthy. Shellfish are generally farmed off the bottom of the sea floor in either suspended bags or on ropes or trays with minimal impact on the surrounding environment.

SABLEFISH BLACK COD ALASKA & B.C.

Bottom longline, trap caught or bottom trawl

A richly flavoured fish with a high fat content and a smooth, velvety texture. Similar to cod, sablefish is white fleshed with large, delicate flakes. B.C. and Alaskan sablefish fisheries are well-managed using bottom longlines, traps, and bottom trawls.



ATLANTIC SALMON WORLDWIDE

Closed-system farmed

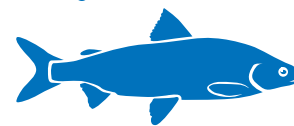
A moratorium on commercial Atlantic salmon fishing in Canada has been in place since 1998. The purpose of a closed containment system (on land) is to restrict and control the potentially negative interactions between farmed salmon and the surrounding aquatic environment - water contamination, disease, and especially threats to wild fish population.

LAKE WHITEFISH LAKES HURON, SUPERIOR, ONTARIO & ERIE

ALASKA & B.C.

Bottom gill net or trap net caught

This white-fleshed, freshwater fish is extremely versatile and easy to cook. Its delicate taste and medium-to-firm texture is comparable to a salmon fillet. Lake whitefish populations have recovered from previous overfishing and are now considered healthy, abundant, and well-managed.



RAINBOW TROUT STEELHEAD

Closed-system farmed

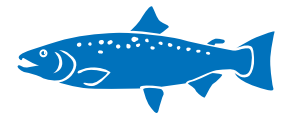
This freshwater trout is known for its mild flavour and tender, light pink flesh. Lemon juice, fresh herbs, butter, and almonds are popular flavour pairings for this fish. Rainbow trout that are farmed using closed 'raceways' reduces many of the risks associated with conventional open-net lake-pen farming.

SALMON: CHUM, PINK, SOCKEYE B.C. & ALASKA

**EXCLUDING SOUTHEAST ALASKA
& YAKUTAT**

Seine net; gill or troll caught

Salmon vary in taste from light and mild to rich and buttery. B.C. and Alaskan Wild Pacific salmon are an intensively managed species, a great alternative to open-net pen-farmed salmon.



Look for this symbol wherever you choose to enjoy seafood.

