

NRDC's

# Seafood Tips

## DID YOU KNOW BUYING AMERICAN COULD SAVE A WHALE?

More than 650,000 marine mammals are killed or seriously injured every year by foreign fishing fleets, and the United States lets many of these fisheries ignore a law requiring them to use safer fishing methods to protect these animals.

So when enjoying your favorite seafood, be it shrimp, tuna, salmon, lobster, crab or anything else, follow these tips to help save whales.

## AT THE MARKET



## BUY AMERICAN WILD-CAUGHT SEAFOOD

No.1

Look for “United States” on the Label: All seafood sold at market must indicate the country of origin.

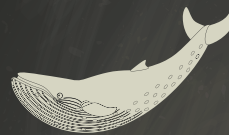
No.2

For filets and whole fish, look for the country of origin and whether it's been designated as wild or farm-raised. If it's wild fish, make sure it's a product of the U.S.

No.3

For processed seafood (like fish sticks, canned, etc.), you'll only find the country of origin label. If it doesn't say it's a product of the U.S., put it back in the freezer.

## AT A RESTAURANT



No.1



ASK YOUR SERVER  
WHERE THE SEAFOOD CAME FROM



No.2



AVOID WILD-CAUGHT SEAFOOD  
THAT ISN'T FROM THE U.S. OR  
HAS AN UNKNOWN ORIGIN.

