

Satisfying our demand for seafood is causing untold damage to the natural functioning of our ecosystems. Our oceans are rapidly being depleted of fish and many species forced to the brink of economic extinction. The Food and Agriculture Organisation estimates that nearly 80% of world fish stocks are being exploited at or beyond sustainable levels. Other highly prized seafood commodities, such as shark fin, are captured using cruel and unethical methods.

Singapore is a major seafood consumer nation in the Asia-Pacific region. Most of our seafood is imported and much is sourced from an important and fragile marine ecosystem on our doorstep known as the Coral Triangle. Today our oceans are under more pressure than ever from human and environmental impacts. Unsustainable fishing practices are removing fish from oceans faster than they can be replenished.

The WWF network promotes sustainable seafood by working along the entire 'chain of custody' — from the ocean to the plate. Consumers are a vital link in this chain.

You can make a difference. Help safeguard the future of our fisheries and other marine life by only choosing seafood from sustainable sources that are fished and farmed responsibly.


It's your choice. Use this guide to help you choose sustainably harvested seafood.


To find out more, visit [www.wwf.sg](http://www.wwf.sg)


2010 Edition

### How to use

This guide uses an internationally agreed method to assess seafood sustainability to help you make the best seafood choices. It groups some of the most popular seafood species in Singapore into 3 categories:

 **RECOMMENDED:** From well-managed, sustainable stocks which are not considered to be over-exploited. These species are the preferred eating choice.

 **THINK TWICE:** From fisheries that are at risk of becoming unsustainable, due to management, environmental or stock issues. Only eat these species occasionally, if recommended options are not available.

 **AVOID:** Considered to be over-exploited, or from unsustainable, overfished and poorly managed fisheries. Avoid eating these species at present.

This version was downloaded from the WWF Singapore website: [www.wwf.sg](http://www.wwf.sg)

### Legend

 Wild caught

 Aquaculture



The Marine Stewardship Council (MSC) logo identifies fisheries certified by the MSC as sustainable. These species are certified as having been caught responsibly from fisheries that meet the MSC's strict environmental standard. Look out for the blue eco-label in supermarkets and restaurants.

### Specific fishing method used:

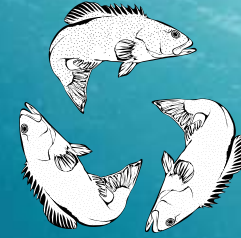
- Gillnet
- ★ Jig hook
- Purse seine net
- ◆ Trap
- ▲ Troll line

Fishing methods will differ in their impacts on fishery sustainability and the environment. When making your seafood choices, select species caught using the method specified in this guide.



# SAVE THE FISH

Use this Guide



## Singapore Seafood Guide

Most shark fisheries are unregulated and many species are overfished. Avoid all shark products as individual species are difficult to distinguish.

\*Except if MSC certified from South Georgia (UK). See RECOMMENDED species.

Species (Common Name)	Origin
Orange-spotted grouper	橘点石斑 Indonesia
Folkadot grouper	老鼠斑 South East Asia
Redspine threadfin	金錢魚 Indonesia, South
	dream China Sea
Tiger prawn	老虎虾 Indonesia, Thailand
Unicorn leather jacket	石斑 South China Sea
Yellowtail fusilier	番薯魚 Indonesia
	勿勞色腊 Thailand

AVOID



Species (Common Name)	Origin
Black pomfret	黑鰻 Indonesia
Bluefin tuna	黑鮪魚 Global
Brown-marbled grouper	老虎斑 Indonesia
Chilean seabass	雪花鲈鱼 Global*
Coral trout	红斑 South East Asia
Crimson snapper	红鲷 Indonesia
Flower crab	花蟹 South China Sea
Gold-banded jobfish	红哥里 Indonesia
Grey prawn	白刺红脚 Indonesia
Humphead wrasse	苏眉 South East Asia
Malabar snapper	红鲷 Indonesia

AVOID



Species (Common Name)	Origin
Abalone	鲍鱼 China
Atlantic salmon	鲑鱼 Norway, Scotland
Cam (Asianic hard, Beach Venus)	蛤 Malaysia
Four finger threadfin	四指午鱼 Singapore
Longtail tuna	长尾金枪鱼 Malaysia
Milkfish	透目鱼 Singapore
Mud spiny lobster	泥龙虾 Sabah (Malaysia)
Narrow-banded Spanish mackerel	岩冬 Indonesia
Orange mud crab	泥蟹 Indonesia
Sea bass	金目鲈 Singapore
Silver pomfret	银鲷 South China Sea
Squid (Wite, Shoridup, Long barrel)	鱿鱼 Indonesia
Yellow banded scad	君冷 Malaysia
Yellowtail fusilier	番薯魚 Malaysia

THINK TWICE



Species (Common Name)	Origin
Abalone	鲍鱼 Australia
Alaska pollock	狭鳕 Alaska
Asianic hard clam	蛤 Ben Tre (Vietnam)
Chilean seabass	雪花鲈鱼 South Georgia (UK)
Coral trout	红斑 Australia
Geoduck	象拔蚌 North America
Green lipped mussel	绿唇贻贝 New Zealand
Mid crab	泥蟹 India, Sri Lanka
Narrow-banded Spanish mackerel	岩冬 Malaysia
Oyster	蚶 Canada, China
Pacific salmon	鲑鱼 Alaska (US)
Rock lobster	龙虾 Western Australia
Scallop (Asian moon)	带子 China
Squid (Bigfin reel)	鱿鱼 Malaysia

RECOMMENDED

