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 plate. Consumers are a vital link in this chain. It’s your choice. Use this guide to help you choose sustainably.

To find out more, visit www.wwf.sg

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### 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.

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### 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:

- **Gilnet**
- **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.

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### This version was downloaded from the WWF Singapore website: www.wwf.sg