Healthy Seas, Healthy Seafood
Consumer Guide to Sustainable Seafood

You can download and use the guide when selecting your meal. Whenever possible please ask for seafood from the green list. They present a wide variety of healthy and nutritious food.

Please be careful and aware when you select seafood from the yellow list. These products are often not produced in a sustainable and environmentally friendly way.

Please refrain from ordering seafood from the red list. These products are in serious decline in the wild or cause large and unwanted by-catch.

This list is not complete and final. Items may shift from one category to another at some time. New updates and some great seafood recipes will be regularly published at the WWF website: www.wwf.or.id or www.panda.org

© WWF-Canon / Edward WINSER
© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY

WWF-Indonesia
Kantor Taman A9, Unit A-1 Kawasan Mega Kuningan, Jakarta 12950
T: 021-5761070, F: 021-5761080

Healthy Seas, Healthy Seafood
Consumer Guide to Environmentally Friendly Seafood

Now You Know, Now You can Act!
You can download and use the guide when selecting your meal. Whenever possible please ask for seafood from the green list. They present a wide variety of healthy and nutritious food.

Please be careful and aware when you select seafood from the yellow list. These products are often not produced in a sustainable and environmentally friendly way.

Please refrain from ordering seafood from the red list. These products are in serious decline in the wild or cause large and unwanted by-catch.

This list is not complete and final. Items may shift from one category to another at some time. New updates and some great seafood recipes will be regularly published at the WWF website: www.wwf.or.id or www.panda.org

Codes:
1=legally protected species; 2=low fecundity and vulnerable to overfishing; 3=capture techniques threaten habitat integrity; 4=health hazard due to ciguatera or heavy metals accumulation.

© WWF-Canon / Cat HOLLOWAY
© WWF-Canon / Edward WINSER
© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY

© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY

Healthy Seas, Healthy Seafood
Consumer Guide to Environmentally Friendly Seafood

Now You Know, Now You can Act!
You can download and use the guide when selecting your meal. Whenever possible please ask for seafood from the green list. They present a wide variety of healthy and nutritious food.

Please be careful and aware when you select seafood from the yellow list. These products are often not produced in a sustainable and environmentally friendly way.

Please refrain from ordering seafood from the red list. These products are in serious decline in the wild or cause large and unwanted by-catch.

This list is not complete and final. Items may shift from one category to another at some time. New updates and some great seafood recipes will be regularly published at the WWF website: www.wwf.or.id or www.panda.org

Codes:
1=legally protected species; 2=low fecundity and vulnerable to overfishing; 3=capture techniques threaten habitat integrity; 4=health hazard due to ciguatera or heavy metals accumulation.

© WWF-Canon / Cat HOLLOWAY
© WWF-Canon / Edward WINSER
© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY

© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY

Healthy Seas, Healthy Seafood
Consumer Guide to Environmentally Friendly Seafood

Now You Know, Now You can Act!
You can download and use the guide when selecting your meal. Whenever possible please ask for seafood from the green list. They present a wide variety of healthy and nutritious food.

Please be careful and aware when you select seafood from the yellow list. These products are often not produced in a sustainable and environmentally friendly way.

Please refrain from ordering seafood from the red list. These products are in serious decline in the wild or cause large and unwanted by-catch.

This list is not complete and final. Items may shift from one category to another at some time. New updates and some great seafood recipes will be regularly published at the WWF website: www.wwf.or.id or www.panda.org

Codes:
1=legally protected species; 2=low fecundity and vulnerable to overfishing; 3=capture techniques threaten habitat integrity; 4=health hazard due to ciguatera or heavy metals accumulation.

© WWF-Canon / Cat HOLLOWAY
© WWF-Canon / Edward WINSER
© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY

© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY

Healthy Seas, Healthy Seafood
Consumer Guide to Environmentally Friendly Seafood

Now You Know, Now You can Act!
You can download and use the guide when selecting your meal. Whenever possible please ask for seafood from the green list. They present a wide variety of healthy and nutritious food.

Please be careful and aware when you select seafood from the yellow list. These products are often not produced in a sustainable and environmentally friendly way.

Please refrain from ordering seafood from the red list. These products are in serious decline in the wild or cause large and unwanted by-catch.

This list is not complete and final. Items may shift from one category to another at some time. New updates and some great seafood recipes will be regularly published at the WWF website: www.wwf.or.id or www.panda.org

Codes:
1=legally protected species; 2=low fecundity and vulnerable to overfishing; 3=capture techniques threaten habitat integrity; 4=health hazard due to ciguatera or heavy metals accumulation.

© WWF-Canon / Cat HOLLOWAY
© WWF-Canon / Edward WINSER
© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY

© WWF-Canon / Darren JEW
© WWF-Canon / Cat HOLLOWAY
Do You Know

- Lobster grows and matures very slowly. Lobsters are easy to catch so they are becoming increasingly rare in the wild.

- Lobster is sometimes caught with poison. The poison kills the reef and its other inhabitants.

- Shark fins are obtained from sharks that are often caught in nets or on long-lines that also capture dolphins, turtles, birds and other marine life by-catch.

- Baby sharks are getting rare as their adults are being over-fished. Baby sharks could restore the dwindling shark population in the past 10 years.

- Sharks grow and mature very slowly. Shark populations have gone down dramatically. Shark meat is often discarded after the fins are cut off.

- Baby sharks are getting rare as their adults are being over-fished. Baby sharks could restore the dwindling shark population in the past 10 years.

- Sharks grow and mature very slowly. Shark populations have gone down dramatically. Shark meat is often discarded after the fins are cut off.

- Prawns are caught with trawlers that destroy the near shore ocean bottom ecosystem. By-catch often includes turtles and other marine mammals.

- Prawns are often farmed in ponds dug out of cleared mangrove forests. Without the mangrove trees coastlines erode and natural fish nursery areas disappear.

- Grouper is often caught with poison that kills the reef.

- Grouper grows and matures slowly. Groupers are also important in balancing the reef fish community.

- Reef fish are often caught with explosives. Many snappers, rabbitfish, groupers, fusiliers, triggerfish and surgeonfish are typical blast fishing catches. The explosive kills the reef for many decades and the reef sometimes does not regenerate at all.

- Pelagic fish such as mackerel, tuna and trevally make great dishes and are simply prepared.