



IF YOU WANT TO KEEP ON
EATING FISH, YOU NEED
TO CHOOSE
THE RIGHT
FISH
TODAY!

GOOD
FOR THE SEA



GOOD FOR YOU

www.mrgoodfish.com



GOOD FOR THE SEA
GOOD FOR YOU

OFFERED BY

ACQUARIO DI GENOVA
Ti emoziona per natura.

Costa Edutainment spa
"Divertiamoci imparando"

AQUARIUM FINISTERRAE

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La Mer est sur Terre
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With our Supporting Organisation

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Centro BIOLMAR
Università di Genova

Lab. Biologia Marina e Pesca Fano
Università di Bologna

Under the Umbrella of

world ocean network

WHO
FOR YOU
LIKE
FISH

This
free leaflet
helps you to choose
the right fish to eat

Why your choice of fish is so important?

SPECIES

Fish stocks are not unlimited. Many are over exploited.

IF YOU WANT TO KEEP EATING THEM TOMORROW, BUY THE RIGHT FISH TODAY

SIZE

A fish needs to reproduce at least once if its species is to continue. You should buy fish that have reproduced and that means only purchase fish above a minimum size.



ORIGIN

WILD

All our recommended fish live along our coast. By choosing locally:

- you are buying fresh fish;
- you are supporting the local economy;
- you are reducing CO₂ emission by limiting transportation.

3 good reasons to prefer local!

AQUACULTURE

Be careful
Aquaculture is a complex activity. However, enjoy shellfish, crabs, algae and herbivorous fish: but be aware of carnivorous farmed fish such as salmon!

Always ask for more information to your retailer.

How can I choose the right fish? It's very easy!



PREFER wild fish.

CHOOSE species that are not in danger.

RESPECT the minimum size rule for a species when making a purchase.

GIVE PRIORITY to local and seasonal fish.

DIVERSIFY your selection of seafood.

ASK your fishmonger or restaurant owner to help you choose the right fish at the right time.

VISIT US AND CHECK OUR WEBSITE AT
www.mrgoodfish.com

You will get all information you want...

