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sustainable seafood



# sustainable seafood

Choosing seafood is a great way to give your body the protein and healthy fat it needs.

For over three billion people globally, fish provides at least 15% of their average annual animal protein intake. Sustainable seafood is something we all need to be concerned about.

## WHAT IS SUSTAINABLE SEAFOOD

Sustainable seafood refers to finfish and shellfish products harvested from wild-capture fisheries and aquaculture 'farms' using methods that meet our needs today and into the future, without compromising the carrying capacity of the ecosystems upon which they depend.

## WHAT YOU CAN DO

Educate yourself about the issues and look for certifications when purchasing from the grocery store or in restaurants. To find out more, start with the following list.



The **Marine Stewardship Council (MSC)** is a leading global organization working with fisheries, seafood companies, scientists, conservation groups and the public to promote the best environmental choice in seafood. The MSC's fishery certification program and seafood ecolabel recognizes and rewards sustainable fishing. Visit [www.msc.org](http://www.msc.org)



**OceanWise** is a Vancouver Aquarium conservation program created to educate and empower consumers about the issues surrounding sustainable seafood. OceanWise ensures restaurants, markets, food services and suppliers have the right information to make ocean-friendly buying decisions. Visit [www.oceanwise.ca](http://www.oceanwise.ca)

**WWF** (World Wildlife Fund) is Canada's largest international conservation organization and it provides current, comprehensive information about sustainable seafood and what we can do to protect our planet. Visit [www.wwf.ca](http://www.wwf.ca)

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