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

RECOMMENDED

**SPECIES**

- COD
- ATLANTIC SALMON
- ALBACORE TUNA
- RED TILAPIA
- ROCK LOBSTER
- SCALLOPS
- CHILEAN SEABASS
- WHITE CLAMS / BEN TRE CLAMS, or lala
- VANNAMIEI PRAWN, or whiteleg shrimp, pacific whiteleg, grey shrimp
- GREEN LIP MUSSEL / ASIAN GREEN MUSSEL
- PACIFIC OYSTER
- SEA CUCUMBER

**METHOD & AREA OF CATCH**

- Gillnet
- Trawling
- Hand Picked
- Farmed

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

**AVOID**

**SPECIES**

- YELLOW-TAILED SCAD, or selar
- MILKFISH, or bambong
- YELLOWBANDED SCAD, or kuning
- CHINESE SEABASS
- WHITE CLAMS / BEN TRE CLAMS, or lala
- VANNAMEI PRAWN, or whiteleg shrimp, pacific whiteleg, grey shrimp
- GREEN LIP MUSSEL / ASIAN GREEN MUSSEL
- PACIFIC OYSTER
- SEA CUCUMBER

**METHOD & AREA OF CATCH**

- Gillnet
- Farmed
- Trawling
- Hand Picked

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.

**SPECIES**

- GIANT GROUPER
- GOLDBANDED JOBFISH, or Ang Kor Li
- MUD CRAB
- CHILEAN SEABASS
- INDIAN MACKEREL, or Kembon
- NARROW BARRED SPANISH MACKEREL, or Tenggiri / Batang
- FLOWER CRAB
- SWORDTIP SQUID
- BLOOD COCKLES, or see-hum
- WHITE CLAMS, or Lala
- ALBACORE TUNA

**METHOD & AREA OF CATCH**

- Gillnet
- Farmed
- Trawling
- Hook & Line
- Jigs
- Handpicked

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

**SPECIES**

- ATLANTIC SALMON
- ALBACORE TUNA
- RED TILAPIA
- SCALLOPS
- CHILEAN SEABASS
- WHITE CLAMS / BEN TRE CLAMS, or lala
- VANNAMIEI PRAWN, or whiteleg shrimp, pacific whiteleg, grey shrimp
- GREEN LIP MUSSEL / ASIAN GREEN MUSSEL
- PACIFIC OYSTER
- SEA CUCUMBER

**METHOD & AREA OF CATCH**

- Gillnet
- Trawling
- Hand Picked
- Farmed

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.

**SPECIES**

- BARRAMUNDI COD / HUMPBACK GROUPER / POLKADOT GROUPER, or Blaan kerapu
- SILVER POMFRET
- ORANGE SPOTTED GROUPER
- REDSPINE THREADFIN BREAM, or ngoh hur
- BLACK POMFRET
- VANNAMIEI PRAWN, or whiteleg shrimp, pacific whiteleg, grey shrimp
- WHITE CLAMS, or Lala
- ALBACORE TUNA

**METHOD & AREA OF CATCH**

- Gillnet
- Trawling
- Hook & Line
- Farmed
- Jigs
- Handpicked

**SPECIES**

- ATLANTIC SALMON
- ALBACORE TUNA
- RED TILAPIA
- SCALLOPS
- CHILEAN SEABASS
- WHITE CLAMS / BEN TRE CLAMS, or lala
- VANNAMIEI PRAWN, or whiteleg shrimp, pacific whiteleg, grey shrimp
- GREEN LIP MUSSEL / ASIAN GREEN MUSSEL
- PACIFIC OYSTER
- SEA CUCUMBER

**METHOD & AREA OF CATCH**

- Gillnet
- Trawling
- Hand Picked
- Farmed

2016 EDITION