



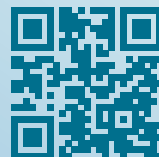
2021 Edition

## WHAT IS SUSTAINABLE SEAFOOD?

Wild caught or farmed seafood that meets our dietary needs without compromising the health of marine ecosystems for future generations is considered sustainable. All you need to do is to choose items on the Green or Yellow list and avoid the Red list.



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Guide for a full list  
of what to eat and  
where to eat it!

# SPOT THE DIFFERENCE !

## Red King Crab Pacific Ocean VS Arctic Ocean



Red king crabs caught in Russia from the North Pacific are in the Red category, but the same species caught in Barents Sea in Arctic Ocean using the same catching method is in the Green category due to difference in the stock status.



First Choice



Avoid



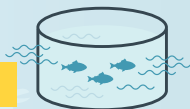
## Salmon Norway VS Chile



Farmed Atlantic salmon from Chile and Norway come from open sea cages, but with different aquaculture management. Norway's produce is in the Yellow category, but Chile's is in the Red, due to higher density of the sea cages resulting in occasional disease outbreak.



Second Choice



Avoid



# FARMED SEAFOOD = SUSTAINABLE SEAFOOD ?

## Bluefin Tuna

Farmed

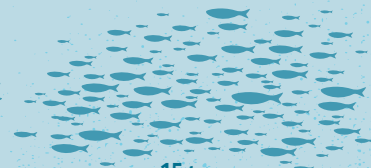


You may think that farmed bluefin tuna is an acceptable alternative to the wild caught one that is threatened with extinction. But 15 tonnes of feed is needed to raise one tonne of this carnivorous species, making this an unsustainable option.

Avoid



1 tonne



15 tonnes

## Eel

Farmed





























Farmed seafood is not always sustainable, especially when the fry is sourced from the wild. The endangered Japanese eel is overfished for eel farming where glass eels are caught from the wild for use in aquaculture, leading to further depletion of wild stock.

Avoid



# First Choice













Species	Origin	Method	Species	Origin	Method
Abalone	China		Pacific Cupped Oyster	U.S.A. / Japan / Europe	
Chilean Blue Mussel	Chile		Razor Clam	China	
Chum Salmon	U.S.A. (Alaska)		Red King Crab	U.S.A. (Alaska) / Russia (Barents Sea)	
European Anchovy	Spain		Sardine	Morocco	
Geoduck	Canada		Scallop	China / Japan	
Grass Carp	China		Scallop	Japan (Hokkaido)	
Greenlip Abalone	Western Australia		Short Necked Clam	China	
Hard Clam	China		Sockeye Salmon	U.S.A. (Alaska)	
Leopard / Barcheek / Squaretail Coral Trout	Australia (Queensland)		Spiny Lobster	Australia (Queensland)	
Manila Clam	China		Spiny Lobster	Western Australia	
Mud Carp	China		Spot Prawn	Canada	
New Zealand Green Mussel	New Zealand		Yellowfin Tuna	Indonesia / Philippines / Vietnam	
Ox Crab / Brown Crab	England				



 Wild Caught

 Farmed


\* Handlining

## Second Choice

Species	Origin	Method
Atlantic Cod	Russia (Barents Sea)	
Atlantic Mackerel	Norway	
Atlantic Salmon	Iceland / Norway / Scotland	
Giant Tiger Prawn	Vietnam	
Greenland Halibut	Greenland (NE Atlantic)	
Green Whelk	Canada	
Japanese Amberjack (Buri)	Japan	
Japanese Flying Squid	Japan / Korea	
Japanese Squid	China	
Large Yellow Croaker	China	
Pacific Saury	Japan	
Turbot	China	

 Wild Caught    Farmed

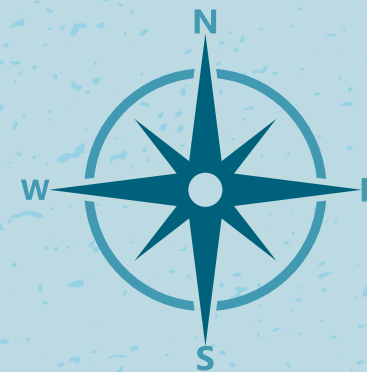
## Avoid

Species	Origin	Method
Bluefin Tuna	Global	
Boston Lobster	Canada / U.S.A.	
Eel	China	
Golden Threadfin Bream	Hong Kong / China	
Greenland Halibut	Greenland (W Atlantic)	
Horsehead	Hong Kong / China	
Humphead Wrasse	Southeast Asia	
Leopard / Barcheek / Squaretail Coral Trout	Indonesia / Malaysia / Philippines	
Mud Crab	Myanmar	
Red Bigeye	Hong Kong / China	
Shark & Ray	Global	
Whiteleg Shrimp	Thailand / Vietnam	

 Wild Caught    Farmed   \* Handlining



# SEAFOOD AROUND THE WORLD



Norway  
4%  
of Hong Kong  
seafood imports

## Atlantic Salmon — Floating Net Cages

The open net-pen system directly interacts with the surrounding marine environment. All fish waste, uneaten feed and chemicals enter the environment and accumulate in sediments. Their management in Norway is largely effective in the control of disease management, waste discharge and water use.

China  
50%  
of Hong Kong  
seafood imports

Japan  
5%  
of Hong Kong  
seafood imports

Taiwan  
4%  
of Hong Kong  
seafood imports

## Turbot — Recirculating Aquaculture System

Recirculating aquaculture systems (RAS) produce low amounts of waste discharge. This production method will not cause habitat alterations.

## Red Crab — Bottom Trawling

Red crab is relatively invulnerable to fishing pressure as it is a short-lived species and has a fast growth rate. However, bottom trawling causes serious damage to its habitat. This fishery has high bycatch rate of some endangered, threatened, protected species.

Thailand, Malaysia,  
Indonesia, Philippines

China

Red Crab

Tiger Grouper

## Tiger Grouper — Floating Net Cages

Farms in Thailand, Malaysia and Philippines source juveniles from overexploited wild stocks and raise them in the net cages. Untreated waste discharges directly into the sea and the farms in these four countries rely on low-value fish for feed which impacts wild populations.

Vietnam  
10%  
of Hong Kong  
seafood imports

## Sardine — Purse Seining

There is a massive improvement in the stock assessment and status of sardine in Morocco. The stocks are non-fully exploited. Bycatch of the purse seines fisheries is generally low.

Morocco

Sardine

Global

Sharks

## Sharks — Longlining

Overfishing has led to over 30% of sharks and rays being threatened with extinction. Sharks are taken as target species and secondary catch from a wide variety of fishing gear. Hong Kong as a major consumer of shark fin soup, has driven these species to the brink of extinction.

Greenland  
East Coast

Atlantic Salmon

Greenland Halibut

## Greenland Halibut — Bottom Longlining

In the Northeast Greenland, the fleets targeting Greenland halibut are mostly comprised of smaller boats using longlines. Bottom longlining has minimal impact on their habitat. The overall management in Greenland waters is only considered partly effective, because it doesn't factor in threatened species.

US-Canada  
East Coast

## Boston Lobster — Pot Fishing

Pot fishing, used by lobster fisheries along the east coast of US and Canada, is a highly selected method with minimal impact on benthic habitats. But it threatens the critically endangered North Atlantic right whale due to entanglement in pot fishing gear.

Boston Lobster

## Chilean Blue Mussel — Ropes Culture

Mussels do not require feed, so farming them does not add pressure on wild fish stock. Mussel farms produce very low waste discharge, and no chemicals are used, so their impact on the ecosystem is minimal.

Chile

Chilean Blue Mussel

First Choice

Second Choice

Avoid