WONDERING ABOUT SEAFOOD SUSTAINABILITY?

We’re on it.

According to the latest science, risk of depletion in U.S. fish stocks is at an all-time low, and most fisheries around the world are stable and improving.

Seafood overall is more sustainable than most other sources of high-quality complete proteins.

Both wild-caught and aquacultured seafood are extensively regulated for safety and sustainability, and both are recommended by the FDA as providing the same important health and nutrition benefits.

WORRIED THAT YOU’RE NOT EATING ENOUGH SEAFOOD?

Here’s what you need to know.

The average American eats one serving of seafood weekly, less than half the recommendation in the 2015 Dietary Guidelines for Americans.

Multiple studies show that “good vs. bad” fish lists result in people eating less of all kinds of seafood.

The science is overwhelmingly clear that the health benefits of eating seafood far outweigh any potential risks.