

# NUTRIGRAM

October 2006

## What's troubling our waters?

Many of us think that the oceans are full of fish just ready for us to catch and always will be. Unfortunately, this might not be true. Some groups, including the Monterey Bay Aquarium, have been watching what is happening in our oceans and they are worried.

**Why are seafood supplies in trouble?** What is causing populations of fish to decline? One of the biggest issues is overfishing, or taking fish out of the water faster than they can reproduce. Fishermen have become very good at catching a lot of fish in a relatively short amount of time. We have also become better at shipping fresh fish around the world. As more people are starting to eat more fish, experts are worried that the oceans won't be able to keep up. Another problem is that many fish and other sea life are killed accidentally during certain types of fishing. This is called bycatch. For example, for every pound of shrimp caught by trawling, between two and 10 pounds of unwanted marine life are caught and thrown overboard, dead or dying. Some ways of fishing also damage the places where sea life live. For example, some fishing nets that drag across the bottom of the ocean can damage the places where small fish live.

### What can you do?

The good news for seafood lovers is that not all fish is caught in a way that is damaging to the ocean environment. The Monterey Bay Aquarium Seafood Watch program groups seafood into three categories according to how sustainable it is.

- ▶ **Best Choices:** These fish are abundant, well managed and caught or farmed in environmentally friendly ways.
- ▶ **Good Alternatives:** These are good alternatives, but there are some concerns with the way they are caught or farmed. They are, however, better choices than items in the Avoid column.
- ▶ **Avoid:** Avoid these products, at least for now. These fish come from sources that are overfished, depleted or are caught or farmed in ways that harm the environment.

To see a list of seafood in each of these categories go to: [www.seafoodwatch.org](http://www.seafoodwatch.org) or look for the Seafood Watch pocket guide.

### What are we doing?



We are working to improve our seafood purchasing by following the Seafood Watch guidelines. Look for menu items with the ocean friendly seafood icon.



Monthly SUPERFOODS Promotion

A poster with a blue background and a fish illustration. It says "omega-3 fatty acids" in several places. The word "FISH" is written in large, bold, yellow letters. Below it, it says "It's good for your heart!" and "go fish!". At the bottom, there's a dark blue box with white text: "All fish, but in particular fatty fish, such as salmon and tuna are packed with OMEGA-3 FATTY ACIDS. Two servings a week may help prevent heart disease and stroke." The word "SUPERFOODS" is written in a red, starburst font at the bottom right.

Jennifer M. Ignacio, MS, RD, CDN  
Nutrition Specialist  
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