

Malaysia Sustainable Seafood Guide
May 2013

S.O.S

Save Our Seafood



Our fish stocks continue to deteriorate and are in danger of collapsing. Our oceans will soon be unable to sustain our growing appetite for seafood.



Malaysia is the biggest seafood consumer in Southeast Asia with one person consuming an average of 50.4 kg of seafood a year.

By 2048, scientists predict that there will be no more seafood left if we do not eat responsibly.

For more information, visit:
www.saveourseafood.my

Save Our Seafood (S.O.S) Campaign
@SOS_Malaysia

HOW TO USE THIS GUIDE

This guide uses an international method to assess seafood sustainability. To help you make the right choice, fish species are grouped into:

- RECOMMENDED**
From well-managed, sustainable stocks that are not overexploited. The preferred choice for consumption.
- THINK TWICE**
From fisheries that are at risk of becoming unsustainable. Only eat these species occasionally, if recommended options are not available.
- AVOID**
From unsustainable and overfished fisheries. Avoid eating these species at present.

MSC Certified: Fisheries certified as sustainable by the Marine Stewardship Council (MSC). These fisheries are certified as having been caught responsibly from fisheries that meet MSC's strict environmental standard.

ASC Certified: Aquaculture farms certified as sustainable by the Aquaculture Stewardship Council (ASC). These species are certified as responsibly farmed in compliance with the ASC standard.

SPECIES	HARVEST METHOD	ORIGIN
Lala Clam	Hand Collection	W
Clam	Hand Collection	PM
Blood Cockle	Bottom Culture	PM
Green Mussels	Raft Culture	W
Sandfish	Raft Culture	Sabah
ASC Tilapia	Farmed	W
ASC Pangasius	Farmed	Vietnam
MSC Benile Clam	Hand Collection	Vietnam
MSC Pollock	Trawl	Alaska
MSC Salmon	Purse Seine	Alaska
MSC Hoki	Mid-water/ Bottom Trawling	New Zealand
MSC Albacore Tuna	Pole & line/ Troll & Jig	Pacific Ocean
MSC Sardine	Purse Seine	Portugal

RECOMMENDED

AVOID

AVOID

THINK TWICE

THINK TWICE

SPECIES	HARVEST METHOD	ORIGIN
Sardine	Purse Seine	M
Eastern Little Tuna	Purse Seine	M
Ponyfish	Lift Nets	Sabah
Belacan shrimp	Bag Nets	PM
Short Mackerel	Purse Seine	M
Bigeye Scad	Purse Seine	PM
Yellow-banded scud	Purse Seine	M
Oval Squid	Trap	PM
Anchovies	Purse Seine/ Lift Nets	M
Longtail Tuna	Purse Seine	M
Banana prawn	Drift/gill nets	M

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SPECIES	HARVEST METHOD	ORIGIN
Humphred Wrasse	Cyanide	Sabah
Black Saddle Coral trout	Trawl/ Hook & Line	M
Common Stingray	Trawl	M
Sharks	Trawl	M
Hump-backed Groupers	Cyanide	Sabah
Duskytail Groupers	Trawl	PM
Leopard Coral trout	Trawl	PM
Spotted Coral trout	Trawl	PM
Orange-spotted Groupers	Trawl	PM
Sixbar Groupers	Trawl	PM

SPECIES	HARVEST METHOD	ORIGIN
John's Snapper	Trawl	PM
Mud-spiny Lobster	Trawl	PM
Pickhandle Barracuda	Trawl	M
Common Squid	Trawl	M
Silver Pomfret	Trawl	M
Sea Cucumber	Hand Collection	M
Soft-shell Crab	Troy	M
Grey-fin Crocker	Trawl	M

ACRONYMS
PM – Peninsular Malaysia
M – Malaysia