

To use your pocket guide: 1. Cut along outer black line
2. Fold on grey lines

**GREAT TASTE
GOOD FOR THE PLANET**

When all is said and done, you can feel good about Alaska seafood. Buying Alaska seafood means you're doing something that's right for the earth, while enjoying the world's best tasting fish.

Wild Alaska seafood is known for its abundance and variety, and prized for its superior quality, texture and delicious flavor.

ALASKA IS THE MODEL

Alaska is one of the most bountiful fishing regions on the planet, and has been recognized as a world model for sustainability.

Since 1959, Alaska's constitution has mandated that "fish...be utilized, developed and maintained on the sustained yield principle."

And that means Alaska seafood will remain the world's finest for future generations, without compromising the pristine natural beauty of Alaska.

LEARN MORE

Visit www.alaskaseafood.org for:

- More detailed information on sustainability and wild Alaska seafood species
- Recipes, cooking tips, and health information
- A wide range of helpful tools and materials



Wild, Natural & Sustainable™

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**A GUIDE TO
Sustainable
Seafood
FROM
Alaska**



ALASKA WHITEFISH

Hallbut
Cod (Pacific Cod, True Cod, or Grey Cod)
Alaska Pollock
Black Cod (Sablefish)
Lingcod
Rockfish
Sole/Flounder
Surimi Seafood

ALASKA SHELLFISH

King Crab
Snow Crab
Dungeness Crab
Alaska Scallops (Weatherwane Scallops)

ALASKA SALMON

King (Chinook)
Sockeye (Red)
Coho (Silver)
Keta (Silverbrite or Chum)
Pink
*Available in canned and pouched form

HOW TO USE THIS GUIDE

Wild Alaska seafood is widely recognized as the best choice for abundant, well-managed seafood caught in environmentally friendly ways.

This guide can help you make ocean-friendly, sustainable seafood choices from Alaska. All of the seafood on this list is sustainable and wild.