

WILD ABOUT FARMED

Sustainable seafood and farm-raised fish, called aquaculture, go hand in hand. In order to keep wild stocks plentiful, aquaculture complements our seafood supply by providing over 40 percent of the nutritious fish enjoyed by people around the world.

Scientific studies show that aquaculture leaves a small environmental footprint and that farmed and wild seafood are nearly identical in content of calories and healthy omega-3 fats.



3 COOK

Fish can be cooked in many ways including baking, broiling, grilling, microwaving, poaching, sautéing, steaming, and stir frying.

- **Marinating fish** in the fridge adds tasty flavor. Used marinade should always be thrown away and never reused.
- **Fish fillets** should be cooked 10 minutes for every inch of thickness. Cook fish to an internal temperature of 145 degrees F. When it's done, the fish should flake easily with a fork.
- **Steam clams or mussels** by bringing 1-2 cups of water or broth to a boil in a large pot, adding 1-4 pounds of scrubbed shellfish, and covering. Reduce heat to moderate and cook 3 to 6 minutes, stirring occasionally, until the shellfish open wide.
- **Seafood grilling** directions can be found in the "Cooking Tips" section of www.AboutSeafood.com.

1 SHOP

Follow the "once for twice" rule – shop once a week for two seafood meals at home. Always buy seafood from a reputable market where the employees are able to answer questions.

- **Fresh fish** should be bright and shiny with scales in place. Eyes should be clear. Odor should be fresh and mild. Fillets should have moist, elastic flesh.
- **Fresh shellfish** like clams, oysters, and mussels should close tightly when tapped. Always toss shellfish that don't open when cooked.
- **Seafood from the freezer section** is a convenient choice. It is flash frozen within hours of coming out of the water, which locks in fresh flavors and moisture.
- **Canned or pouched fish** like tuna, salmon, clams, and crabmeat are convenient to keep in your pantry.

2 STORE

To learn how long different types of fish keep in the fridge and the freezer, go to the "Cooking Tips" section of www.AboutSeafood.com to download a handy seafood storage guide created by the National Fisheries Institute.

- **Fish** should be kept in the coldest part of the refrigerator in its original packaging.
- **Shellfish** such as clams, oysters, and mussels should be stored in the refrigerator in open containers with clean, damp cloths placed over the shellfish.
- **Live lobsters and crabs** should be cooked the same day as purchased.
- **Raw and cooked seafood** should be stored separately.