

# Ocean Ecology

## What We Can Do To Preserve The Ocean Environment

Kamtime Adventures is committed to preserving the health of our oceans. We all want to save the aquatic ecology for generation to come, but we don't always know how we can contribute. Here are a few ideas that you can do at home and when you travel. Print it out, put it on your fridge, or take it with you. Together we can make a difference!

### 10 Things You Can Do To Help

1. Don't buy souvenirs made from coral or any other threatened marine animal.
2. Support measures to establish coral reef protected areas. Advocate for excellent management and protection of those that already exist.
3. When traveling, ask out how sewage and wastewater is treated and only choose resorts and tour operators that properly treat all sewage and wastewater.
4. Boat drivers should navigate carefully to avoid any contact with coral reefs, other vulnerable ecosystems like seagrass beds and any aquatic animal. Keep your engine in good order to prevent oil and gas spills.
5. When diving or snorkeling, ask what type of mooring is used and only choose tour operators that use mooring buoys or drifting techniques whenever possible rather than anchors that puncture or scrape along the reef causing damage.
6. Watch what you eat. Avoid menu items that are caught or farmed using destructive practices including reef-killing poisons, explosives and illegal equipment.
7. Avoid purchasing products made from tropical wood or from clear-cut tropical forests which can lead to soil erosion and siltation damage to coral reefs.
8. Use your buoyancy control skills in a pool or sandy area before diving near the coral reef. Make certain your gear is secure to avoid accidental contact with the reef. Never touch, stand on, or collect coral. Be an A.W.A.R.E. diver.
9. Report all damage of coral reefs to the dive operators and scientific/conservation groups that monitor coral reef health.
10. Enroll in specialties courses like Underwater Naturalist, AWARE-Fish Identification, Peak Buoyancy, AWARE-Coral Reef Conservation and, specifically, AWARE-specialty course with a PADI professional to increase your knowledge about the coral reefs and other aquatic environments.

# Sustainable Seafood Guide - West Coast

## Why Do Your Seafood Choices Matter?

Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are over-fished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.

By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

## You Can Make A Difference

Support ocean-friendly seafood in three easy steps:

1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the



Marine Stewardship Council blue eco-label in stores and restaurants.

2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.

3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!

## Learn More

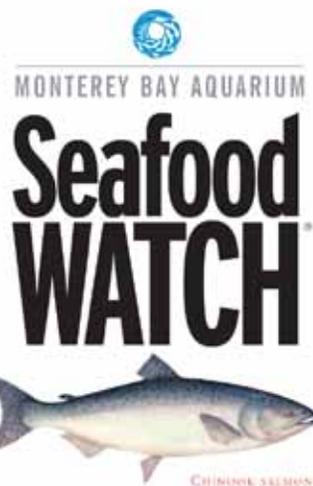
Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit [www.seafoodwatch.org](http://www.seafoodwatch.org).

Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.



MONTEREY BAY  
AQUARIUM

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West Coast  
Sustainable  
Seafood Guide  
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### BEST CHOICES

Abalone (US farmed)  
Arctic Char (farmed)  
Barramundi (US farmed)  
Cattfish (US farmed)  
Clams, Mussels, Oysters (farmed)  
Cod: Pacific (US bottom longline)  
Crab: Dungeness  
Halibut: Pacific (US)  
Lobster: Spiny (US)  
Rockfish: Black (CA, OR, WA, hook & line)  
Sablefish/Black Cod (Alaska, BC)  
Salmon (Alaska wild)  
Sardines: Pacific (US)  
Scallops (farmed off-bottom)  
Shrimp: Pink (OR)  
Striped Bass (farmed or wild\*)  
Tilapia (US farmed)  
Trout: Rainbow (US farmed)  
Tuna: Albacore including canned white tuna (troll/pole, US and BC)  
Tuna: Skipjack including canned light tuna (troll/pole)  
White Seabass

### GOOD ALTERNATIVES

Basa/Pangasius/Swai (farmed)  
Caviar, Sturgeon (US farmed)  
Clams, Oysters (wild)  
Cod: Pacific (US trawled)  
Crab: King (US), Snow  
Flounders, Sanddabs, Soles (Pacific)  
Halibut: California\*  
Lobster: American/Maine  
Mahi Mahi/Dolphinfish (US)  
Pollock: Alaska  
Rockfish (Alaska or BC, hook & line)  
Sablefish/Black Cod (CA, OR, WA)  
Salmon (wild, WA\* and north of Cape Falcon, OR)  
Scallops: Sea  
Shrimp (US, Canada)  
Spot Prawn (US)  
Squid  
Swordfish (US)\*  
Tilapia (Central & South America farmed)  
Tuna: Bigeye, Yellowfin (troll/pole)  
Tuna: Canned white/Albacore (troll/pole except US and BC)

### AVOID

Caviar, Sturgeon\* (imported wild)  
Chilean Seabass/Toothfish\*  
Cod: Atlantic and imported Pacific  
Cobia (imported farmed)  
Crab: King (imported)  
Dogfish (US)\*  
Lobster: Spiny (Brazil)  
Mahi Mahi/Dolphinfish (imported)  
Marlin: Blue\*, Striped\*  
Monkfish  
Orange Roughy\*  
Rockfish (trawled)  
Salmon (farmed, including Atlantic)\*  
Sharks\*  
Shrimp (imported)  
Swordfish (imported)\*  
Tilapia (Asia farmed)  
Tuna: Albacore, Bigeye, Yellowfin (longline)\*  
Tuna: Bluefin\* and Tongol  
Tuna: Canned (except troll/pole)\*

### Support Ocean-Friendly Seafood

**Best Choices** are abundant, well-managed and caught or farmed in environmentally friendly ways.

**Good Alternatives** are an option, but there are concerns with how they're caught or farmed—or with the health of their habitat due to other human impacts.

**Avoid** for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.

#### Key

BC = British Columbia CA = California  
OR = Oregon WA = Washington

\* Limit consumption due to concerns about mercury or other contaminants. Visit [www.edf.org/seafoodhealth](http://www.edf.org/seafoodhealth)

Contaminant information provided by:  
ENVIRONMENTAL DEFENSE FUND

Seafood may appear in more than one column