

## HOW TO USE THIS GUIDE

This guide uses an internationally agreed 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.

**ACRONYMS**  
**PM** – Peninsular Malaysia  
**SB** – Sabah  
**SW** – Sarawak  
**EC** – East Coast Peninsular  
**WC** – West Coast Peninsular  
**M** – Malaysia



[www.saveourseafood.my](http://www.saveourseafood.my)

**Malaysia Sustainable Seafood Guide**  
May 2010

S.O.S

Save Our Seafood

Did you know that in 40 years we run the risk of not having any seafood to eat, if we continue to consume indiscriminately?

Malaysians are the biggest consumers of seafood in Southeast Asia. 90% of Malaysia's bottom-dwelling fish stock has declined due to unsustainable fishing practices, driven by our high demand for seafood. You can help improve the situation by using this guide to choose sustainably harvested and farmed seafood.

For more information, visit [www.saveourseafood.my](http://www.saveourseafood.my)



## RECOMMENDED

SPECIES	FISHING METHOD	ORIGIN
Lala Clam	Hand Picking	PM
Anchovies	Purse seine/ Liff Net	M
Yellow Banded Scud	Purse seine	EC & SB
Oval Squid	Trap	PM
Longfin Grey Mullet	Gillnet	M
Tuna	Purse seine/ Gillnet	M
Indian Mackerel	Purse seine/ Gillnet	M
Spanish Mackerel	Gillnet/ Hook & Line	M
Hardtail Scud	Purse seine/ Gillnet	M
Mangrove Red Snapper	Cage/ Pond Culture	PM
Humpback Grouper	Cage Culture	PM
Giant Grouper	Cage Culture	PM
Snubnose Pompano	Cage Culture	PM
Blood Cockle	Bottom Culture	PM
Green Mussel	Rack/ Culture	PM
Oysters	Rack/ Ruff Culture	PM
Mud Crab	Pond Culture	PM

## THINK TWICE

SPECIES	FISHING METHOD	ORIGIN
Longtail Shad	Gillnet	M
Carpet Clam	Breeder	PM
Seed Cucumber	Hand Picking	M
John's Snapper	Hook & Line	WC & SB
Fourfinger Threadfin	Gillnet	WC
Flower Crab	Gillnet	WC
Red Snapper	Hook & Line	EC & SB
Banana Prawn	Gillnet	M
Coral Grouper	Trap	SB & SW
Seabass	Cage Culture	PM
Tiger Prawn	Pond Culture	PM
White-leg Prawn	Pond Culture	PM
Brown-marble Grouper	Cage Culture	PM
Longtail Shad	Gillnet	M
Carpet Clam	Breeder	PM
Seed Cucumber	Hand Picking	M
John's Snapper	Hook & Line	WC & SB
Fourfinger Threadfin	Gillnet	WC
Flower Crab	Gillnet	WC
Red Snapper	Hook & Line	EC & SB
Banana Prawn	Gillnet	M
Coral Grouper	Trap	SB & SW
Seabass	Cage Culture	PM
Tiger Prawn	Pond Culture	PM
White-leg Prawn	Pond Culture	PM
Brown-marble Grouper	Cage Culture	PM
Longtail Shad	Gillnet	M
Carpet Clam	Breeder	PM
Seed Cucumber	Hand Picking	M
John's Snapper	Hook & Line	WC & SB
Fourfinger Threadfin	Gillnet	WC
Flower Crab	Gillnet	WC
Red Snapper	Hook & Line	EC & SB
Banana Prawn	Gillnet	M
Coral Grouper	Trap	SB & SW
Seabass	Cage Culture	PM
Tiger Prawn	Pond Culture	PM
White-leg Prawn	Pond Culture	PM
Brown-marble Grouper	Cage Culture	PM

Most shark fisheries are unregulated and many species are overfished. Avoid all shark products as individual species are difficult to distinguish.

## AVOID

SPECIES	FISHING METHOD	ORIGIN
Silver Pomfret	Trawl	M
Black Pomfret	Trawl	M
Ray	Trawl	PM
Threadfin Breams	Trawl	M
Dorab Wolf-herring	Trawl	PM
Flounder	Trawl	M
Silver Siligog	Trawl	M
Indian Squid	Trawl	M
Needle Cuttlefish	Trawl	M
Mud-spiny Lobster	Trawl	PM
Slipper Lobster	Trawl	M
Humphead Wrasse	Cyanide	SB
Mantis Shrimp	Trawl	M
Bigeye Trevally	Trawl	M
Brownshipe	Trawl	PM
Red Snapper	Trawl	PM
Coral Trout	Trawl	PM
Duskytail Grouper	Trawl	PM
Orange-spotted Grouper	Trawl/ Cage Culture	PM
Malabar Grouper	Trawl	PM
Sixbar Grouper	Trawl	PM

## MSC CERTIFIED

SPECIES	FISHING METHOD	ORIGIN
Pacific Salmon	Gillnet/ Purse Seine	Alaska
Alaskan Pollock	Trawl	Alaska
Hake	Trawl	South Africa
Ben Tre Clam	Hand Picking	Vietnam
Atlantic Cod	Longline	North-east Arctic
Pacific Cod	Trawl/ Longline	Alaska
Rock Lobster	Trap	Western Australia

This logo identifies fisheries certified by the Marine Stewardship Council (MSC) as sustainable. These species are certified as having been caught responsibly from fisheries that meet MSC's strict environmental standard. If possible, please ask for MSC certified fish from your supermarkets.

