



# SINGAPORE SEAFOOD GUIDE

2016 EDITION

## RECOMMENDED

From well-managed, sustainable stocks which are not considered to be over-exploited. These species are the preferred eating choice.

### SPECIES METHOD & AREA OF CATCH

<b>COD</b> 鱈鱼	Wild caught	
<b>ATLANTIC SALMON</b> 鲑鱼 (三文鱼)	Farmed	
<b>ALBACORE TUNA</b> 长鳍金枪鱼	Wild Caught	
<b>RED TILAPIA</b> 红罗非鱼	Farmed Malaysia, Indonesia, China	
<b>ROCK LOBSTER</b> 龙虾	Wild caught Western Australia	
<b>SCALLOPS</b> 带子	Wild caught Japan, China	
<b>CHILEAN SEABASS</b> 雪花鲈鱼	Wild caught South Ocean	
<b>WHITE CLAMS / BEN TRE CLAMS, or lala</b> 白蛤	Wild caught Vietnam	
<b>VANNAMEI PRAWN, or whiteleg shrimp, pacific whiteleg, grey shrimp</b> 南美白对虾 (活虾)	Farmed Vietnam	
<b>GREEN LIP MUSSEL / ASIAN GREEN MUSSEL</b> 绿唇贻贝	Rope New Zealand, Pacific Southwest	
<b>PACIFIC OYSTER</b> 太平洋牡蛎 (蚶)	Rope Northeast Pacific, Eastern Pacific	
<b>SEA CUCUMBER</b> 海参	Farmed, Hand Picked China, Japan, Pacific Northwest	

## THINK TWICE

From fisheries that are at risk of becoming unsustainable, due to management, environmental or stock issues. Only eat these species occasionally, if recommended options are not available.

### SPECIES METHOD & AREA OF CATCH

<b>GIANT GROUPEr</b> 龙躉石斑	Farmed Hong Kong, Pacific Northwest	
<b>GOLDBANDED JOBFISH, or Ang Kor Li</b> 红哥鯉	Hook & Line Indonesia	
<b>MUD CRAB</b> 泥蟹	Traps Western Central Pacific	
<b>CHILEAN SEABASS</b> 雪花鲈鱼	Longlines Atlantic Antarctic, Indian Ocean Antarctic, Pacific Antarctic	
<b>INDIAN MACKEREL, or Kembong</b> 印度马鲛鱼	Gillnet Indonesia	
<b>NARROW BARRED SPANISH MACKEREL</b> or Tenggiri / Batang 鯖鱼 (马鲛(鲹冬'))	Hook & Line Indonesia, Malaysia, Gulf of Thailand	
<b>FLOWER CRAB</b> 花蟹	Traps Thailand, Indonesia, Malaysia, Gulf of Thailand	
<b>SWORDTIP SQUID</b> 鱿鱼	Jigs Vietnam	
<b>TIGER PRAWN</b> 老虎虾	Farmed Indonesia	
<b>BLOOD COCKLES, or see-hum</b> 蚶	Hand picked Vietnam	
<b>WHITE CLAMS, or Lala</b> 白蛤	Hand picked Vietnam	
<b>ALBACORE TUNA</b> 长鳍金枪鱼	Hook & Line Western Indian Ocean	

## AVOID

Considered to be over-exploited, or from unsustainable, overfished and poorly managed fisheries. Avoid eating these species at present.

### SPECIES METHOD & AREA OF CATCH

<b>YELLOW-TAILED SCAD, or selar</b> 勿劳色拉鱼	Gillnet Indonesia, Malaysia, Gulf of Thailand	
<b>MILKFISH, or bandeng</b> 虱目鱼 (牛奶鱼)	Farmed Philippines, Indonesia	
<b>YELLOWBANDED SCAD, or kuning</b> 金带 (君冷)	Gillnet, Trawling Indonesia, Malaysia	
<b>YELLOWTAIL FUSILIER</b> 黄尾梅鯛 (蕃薯鱼)	Gillnet Indonesia, Malaysia, Gulf of Thailand	
<b>JOHN'S SNAPPER, or ang zho</b> 红皂鱼	Trawling, Longlines Indonesia, Malaysia, Gulf of Thailand	
<b>CORAL TROUT / LEOPARD GROUPEr, or red grouper</b> 红斑	Hook & Line Indonesia, Malaysia, Gulf of Thailand	
<b>YELLOW CROAKER</b> 黄鱼	Farmed Chinese Sea, North West Pacific	
<b>SEABASS BARRAMUNDI / ASIAN SEABASS, or siakap putih</b> 金目鲈	Farmed Malaysia	
<b>INDIAN THREADFIN, or ngoh hur, ikan kurau</b> 午鱼	Gillnet Western Indian Ocean, Indonesia, Malaysia, Gulf of Thailand	
<b>SNUBNOSED DART, or golden pomfret / pompano</b> 鲷鱼	Farmed China, Vietnam, Indonesia	

### SPECIES METHOD & AREA OF CATCH

<b>BARRAMUNDI COD / HUMPBACK GROUPEr / POLKADOT GROUPEr, or ikan kerapu</b> 老鼠斑 (棘米猴)	Farmed Indonesia	
<b>SILVER POMFRET</b> 白鲷	Trawling South China Sea	
<b>ORANGE SPOTTED GROUPEr</b> 橘点石斑	Farmed Indonesia	
<b>REDSPINE THREADFIN BREAM, or ngoh hur</b> 金线鱼	Trawling Indonesia, Malaysia, Gulf of Thailand	
<b>BLACK POMFRET</b> 黑鲷	Trawling Indonesia, Malaysia, Gulf of Thailand	
<b>VANNAMEI PRAWN, or whiteleg shrimp, pacific whiteleg, grey shrimp</b> 活虾	Farmed Southeast Asia	
<b>SWORDTIP SQUID</b> 鱿鱼	Trawling Vietnam	
<b>ALL RAYS</b> 黄貂鱼 (魷鱼)	Global	
<b>ALL SHARKS</b> 鲨鱼	Global	
<b>ALL BLUEFIN TUNA</b> 黑鲔鱼	Global	