

Healthy Fisheries Equals a Healthy Nation

As a world leader in marine science and conservation, the U.S. offers some of the world's best seafood and sport fishing opportunities in the world. Through advancements in fisheries management policies, programs are in place to ensure our fishery resources are kept healthy and sustainable.



Seafood is also good for our nation's economic health – pouring billions of dollars into the economy and creating hundreds of thousands of jobs.

Whether you're looking for ways to establish a healthy diet, exploring culinary options, or simply love the taste of one of America's most popular foods, celebrate the variety and sustainability of American seafood!

Harvesting an Array of Culinary Choices

Fish and other seafood are a favorite in the kitchens of home cooks and chefs alike. Whether you savor the mild flavor and delicate texture of cod, halibut, or sea scallops; prefer the more moderate flavor of shad, smelt, or salmon; or prefer the firm, full-bodied taste and “meaty” texture of swordfish or tuna, you'll never run out of cooking options. You can bake, grill, broil, poach, fry, steam or smoke fish or seafood to create appetizers, salads, soups, or entrees. Try some crab cakes, sushi, blackened swordfish, macadamia-encrusted mahi, garlic sautéed shrimp, or sole almondine for your next meal.

For more information, contact:



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Loubat Food Service Equipment



Wild American Shrimp

CELEBRATING AMERICAN SEAFOOD



American seafood.
Any way you cook it, there's nothing quite like it.

With more than 300 species of finfish and shellfish from fresh inland streams to the deep blue sea, it's no wonder that seafood is popular with millions of Americans – from professional chefs to home cooks. Whether caught by America's seafood harvesting fleet, grown in one of our nation's premier aquaculture facilities, purchased at the grocery store, or enjoyed at a favorite restaurant, seafood offers great taste, endless variety, simplicity of preparation, and significant health benefits. No doubt about it:

Seafood makes every meal a celebration!

A Celebration of Sustainable Management Practices

Today, consumers can celebrate more than just the great taste of American seafood. Through partnerships with regional fishery management councils, commercial and recreational fishermen, environmental groups, and states, the agency responsible for managing the U.S. resource – NOAA Fisheries – has worked to create long-term healthy ecosystems off America’s coasts.

According to a recent report on the status of U.S. fisheries, “U.S. fisheries are becoming more sustainable every year.”



North Atlantic swordfish is an example that illustrates how management is working. Once severely depleted by international and U.S. fleets, swordfish are clearly on the rebound. Just five years into a 10-year rebuilding program, the stock is no longer overfished and seafood aficionados are once again able to enjoy the fine taste and healthy benefits of eating swordfish.

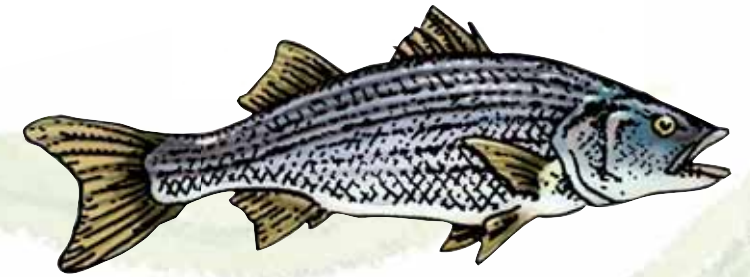
In addition, the United States has taken a leadership role in contributing to sustainable fisheries practices throughout the world. Through research efforts, the U.S. has led the way in the development of new gear technology that not only protects certain species such as sea turtles, but also allows for commercial harvest of fishing grounds that were previously closed. Now other countries are following the lead of the USA in adopting more ecologically sound gear and methods of harvest.

In 2003:

- ★ four fish stocks were completely rebuilt,
- ★ a record 10 species have been removed from the list of overfished stocks, and
- ★ overfishing practices were stopped for five species.



Fishing is important to the economy of every coastal state. Recreational fishermen harvest a wide variety of marine fish species, making the recreational harvest a significant economic activity. Thanks to good management practices, activities associated with commercial and recreational fishing contribute more than \$55.1 billion to the national economy each year.



A Celebration of Good Health and Good Taste.

Seafood is not only good tasting; it is also good for everyone.

By eating at least two servings of fish per week, you can reap many important health benefits derived from the “good fats” found in fish. These fats – called omega-3 polyunsaturated fatty acids – are found in great abundance in such fish as salmon, mackerel, lake trout, herring, sardines, and albacore tuna, as well as other species of finfish and shellfish. Seafood is low in saturated fat and sodium, and is an excellent source of protein, vitamins and minerals.

Omega-3s have been shown to:

- ★ protect the heart against disease,
- ★ help protect against other diseases such as cancer and arthritis,
- ★ alleviate symptoms of depression and other mental health problems,
- ★ play a key role in infant brain and eye development.

Seafood is the perfect complement to a well-balanced diet.