

Seafood Tips and Resources

The following information provides Internet links to reliable key resources and answers to common questions on seafood nutrition and health benefits/risks, safety, quality and sustainability topics by agencies and universities.

Institute of Medicine of the National Academies

- **Seafood Choices: Balancing Benefits and Risks** - An in-depth review on the health benefits and risks of seafood consumption - http://www.nap.edu/catalog.php?record_id=11762
- **Seafood Choices: Balancing Benefits and Risks, Report Summary** - http://www.iom.edu/Object.File/Master/37/683/11762_Seafood%20Choices%20Report%20Brief.pdf

State of California

- **Catching and Eating Sport Fish in California** - <http://www.oehha.ca.gov/fish/general/broch.html>
Gives tips on how you should catch, prepare and eat fish.
- **Office of Environmental Health Hazard Assessment** - <http://www.oehha.ca.gov/fish.html>
Specific consumption advisories for locally caught sport fish.

US Department of Agriculture

- **Country of Origin Labeling** - <http://www.ams.usda.gov/> The country of origin labeling (COOL) law of 2002 applies to wild and farm-raised fish.
- **My Pyramid.gov** - <http://www.mypyramid.gov> A portal to nutritional guidelines and information.

US Department of Commerce

- **Consumer Tips** - <http://seafood.nmfs.noaa.gov/ConsumerPage.htm>
Gives advice on storing, selecting and purchasing seafood
- **Fish Watch, U.S. Seafood Facts** - <http://www.nmfs.noaa.gov/fishwatch/> The National Marine Fisheries Service is the U.S. authority on marine fisheries science, conservation and management. If you buy fish managed under a US fishery management plan, you can be sure it meets 10 national standards for conservation and sustainable management
- **National Sea Grant** — <http://www.seagrant.noaa.gov/index.html> Environmental stewardship, long-term economic development and responsible use of America's coastal, ocean and Great Lakes resources are at the heart of Sea Grant's mission. Sea Grant is a nationwide network (administered through the National Oceanic and Atmospheric Administration [NOAA]) of 30 university-based programs (including the University of California) that work with coastal communities. The national Sea Grant College Program conducts scientific research, education, training and extension projects designed to foster science-based decisions about the use and conservation of aquatic resources.
- **National Sea Grant Library** - <http://nsgd.gso.uri.edu/> Digital library and archive for Sea Grant documents consisting of 40,000 records. Subjects include: oceanography, marine education, aquaculture, fisheries, aquatic nuisance species, coastal hazards, seafood safety, limnology, coastal zone management, marine recreation, and law.
- **Seafood and Your Health** - http://www.nmfs.noaa.gov/fishwatch/seafood_and_health.htm
Information is compiled from the US Food and Drug Administration, U.S. Department of Agriculture and the U.S. Environmental Protection Agency on shopping, catching, nutrition and health.

This leaflet is sponsored by the University of California Sea Grant Extension Program. For seafood safety and quality information for consumers, visit our Seafood Network Information Center web site:

<http://seafood.ucdavis.edu/consumer.html>

On-line linked version: <http://seafood.ucdavis.edu/Consumer/tips&resources.pdf>



US Environmental Protection Agency

- **Consumption Advice** - <http://www.epa.gov/waterscience/fish/advisory.html> Public health advisory on what you need to know about mercury in fish and shellfish, and links to state program advisories for sport-caught fish.
- **What You Need to Know about Mercury in Fish and Shellfish** - <http://www.epa.gov/waterscience/fish/advice/> Advice for women who might become pregnant, women who are pregnant, nursing mothers and young children. (Translations available in Cambodian, Chinese, Hmong, Korean, Portuguese and Vietnamese)

US Food and Drug Administration

- **Consumer Health** – <http://www.cfsan.fda.gov/~lrd/sea-adv.html> Features information on: Consumption of raw molluscan shellfish, mercury in fish, determining freshness, buying and avoiding seafood economic fraud.
- **Fresh and Frozen Seafood, Selecting and Serving it Safely (also in Spanish)** - <http://www.cfsan.fda.gov/~lrd/seafsafe.html> An overview on nutrition and safety, shopping, storing, preparing, serving, eating raw seafood and special health notes.
- **Information about Food Allergens** - <http://www.cfsan.fda.gov/~dms/wh-alrgy.html> A comprehensive web site on FDA's position on food allergies, labeling and consumer concerns.
- **Qualified Health Claim for Omega-3 Fatty Acids (EPA) and (DHA)** - <http://www.cfsan.fda.gov/~dms/labo3qa.html> Discusses health claims, benefits and omega-3 fatty acids in the diet.
- **Seafood Information and Resources** - <http://www.cfsan.fda.gov/seafood1.html> A collective site on seafood safety information for consumers and industry. Includes methylmercury, drug residues, *Vibrio vulnificus* (a naturally occurring bacteria with a 50% mortality rate for at-risk and immunocompromised patients).

National Fisheries Institute

- **About Seafood** - <http://www.aboutseafood.com/about/about-seafood> Includes top 10 U.S. consumed seafoods.
- **About Seafood. Com** - <http://www.aboutseafood.com/> Information on recipes, cooking tips, nutrition and health.
- **Seafood Statistics** - <http://www.aboutseafood.com/about/about-seafood/statistics> Features per capita consumption of seafood, and miscellaneous US and worldwide facts on harvesting, production and consumption

Universities

- **Delaware Sea Grant, University of Delaware**
Nutritional Information – <http://www.ocean.udel.edu/mas/seafood/nutritioninfo.html>
Gives an overview on protein, fat and calories, vitamins and minerals, cholesterol and fish oils.
Seafood is Good For You – <http://www.ocean.udel.edu/seagrant/publications/seafoodgood.html> Covers seafood nutrition and diet.
- **Marine Extension Service, University of Georgia** - <http://safeoysters.org>
SafeOysters.org Provides raw oyster safety information for health care providers, food and health educators, consumers, fishermen and the seafood industry
- **University of California, Seafood Network Information Center (*SeafoodNIC*)** - <http://seafood.ucdavis.edu>
Contains links to all of the seafood Internet sites named in this leaflet and more!
- **University of Maryland, Real Mercury FACTS** – <http://agresearch.umd.edu/CFNAP/realmercuryfacts/>
Science-based facts on the mercury in seafood issue.

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