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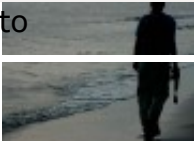
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CARL SAFINA ([HTTP://BLUEOCEAN.ORG/ABOUT-CARL-SAFINA/](http://blueocean.org/about-carl-safina/))

mailing-list/) to



*Help Us Save
the Ocean.*

DONATE

**PROGRAMS:
SUSTAINABLE SEAFOOD**

Not all seafood is created equal. Blue Ocean

NOW

SEA ETHIC
([HTTP://BLUEOCEAN
ETHIC-DR-CARL-
SAFINA/](http://blueocean.org/ethic-dr-carl-safina/))

BLUE OCEAN
FELLOWS
([HTTP://BLUEOCEAN
OCEAN-FELLOWS/](http://blueocean.org/ocean-fellows/))

SUSTAINABLE
SEAFOOD
([HTTP://BLUEOCEAN
SEAFOOD-
PROGRAM/](http://blueocean.org/seafood-program/))



GREEN
CHEFS/BLE
OCEAN

SUSTAINABLE
SEAFOOD
CHOICES

FOR
NUTRITIONISTS
& MEDICAL
PROFESSIONALS

OCEAN-
FRIENDLY
SUBSTITUTES

SEAFOOD
FAQS

CHEFS AND
OCEAN
HEALTH

WHOLE
FOODS
MARKET
PARTNERSHIP

NEXT WAVE
YOUTH
EDUCATION

Institute's ***From Sea to Table***
Sustainable Seafood Program helps
consumers, chefs, retailers and the medical
community discover the connection
between human health, a healthy ocean,
fishing, and seafood.

**We translate seafood science so you
can make informed choices.**

- **Seafood Choices**
(<http://blueocean.org/seafoods/>) – wild-caught seafood ratings
- **Ocean-Friendly Substitutes**
(<http://blueocean.org/programs/sustainable-seafood-program/seafood-choices/ocean-friendly-substitutes/>) - sustainable substitutes for many commonly used species
- **Green Chefs/Blue Ocean**
(<http://blueocean.org/programs/sustainable-seafood-program/green-chefs-blue-ocean-online-course/>) – free online course for chefs & culinary students
- **Seafood Advice for Medical Professionals**
(<http://blueocean.org/programs/sustainable-seafood-program/nutritionists-medical-professionals/>)
- **Mercury in Seafood**
(<http://blueocean.org/issues/fish-as-food/mercury/>)

WHOLE FOODS MARKET PARTNERSHIP
Blue Ocean's partnership with Whole Foods Market (WFM) works like this: WFM uses the more than 160 seafood rankings prepared by Blue Ocean Institute, with others prepared by Monterey Bay Aquarium, to source responsibly caught seafood and to educate consumers at the Market's seafood counters.

READ MORE ([HTTP://BLUEOCEAN.ORG/PROGRAMS/SUSTAINABLE-SEAFOOD-PROGRAM/WHOLE-FOODS-
CHEFS & OCEAN HEALTH](http://blueocean.org/programs/sustainable-seafood-program/whole-foods-chefs-ocean-health/))
Chefs are the gatekeepers of the seafood

EDUCATION
([HTTP://BLUEOCEAN
WAVE-YOUTH-
EDUCATION/](http://blueocean.org/programs/sustainable-seafood-program/education/))

BLUE OCEAN
RESEARCH &
CONSERVATION
([HTTP://BLUEOCEAN
OCEAN-
RESEARCH/](http://blueocean.org/programs/sustainable-seafood-program/research/))

BLUE OCEAN &
THE ARTS
([HTTP://BLUEOCEAN
OCEAN-THE-ARTS/](http://blueocean.org/programs/sustainable-seafood-program/the-arts/))

Chefs are the gatekeepers of the seafood industry. They command a unique influence over the purchase, trade and consumption of seafood. By shifting toward more sustainable sources of seafood, chefs can improve ocean health.

READ MORE ([HTTP://BLUEOCEAN.ORG/PROGRAMS/SUSTAINA
SEAFOOD-
PROGRAM/CHEFS-
CORNER/](http://blueocean.org/programs/sustainable-seafood-program/chefs-corner/))

SEAFOOD FAQs
How can I tell where the seafood at the store came from and how it was caught? Where can I go to find the best choices in seafood? Will the wait-staff at my favorite restaurant be able to answer my questions when I ask where a certain fish came from, or how it was caught?

READ MORE ([HTTP://BLUEOCEAN.ORG/PROGRAMS/SUSTAINA
SEAFOOD-
PROGRAM/SEAFOOD-
FAQS/](http://blueocean.org/programs/sustainable-seafood-program/seafood-faqs/))

OCEAN-FRIENDLY SUBSTITUTES
Make the Switch! It's easy to substitute ocean-friendly seafood in your kitchen—especially when you know which sustainable seafood will work in one of your favorite recipes that calls for something that's not-so-ocean-friendly. Here's a list of fish with environmental concerns and their more ocean-friendly replacements, recommended by Chef Barton Seaver.

READ MORE ([HTTP://BLUEOCEAN.ORG/PROGRAMS/SUSTAINA
SEAFOOD-
PROGRAM/OCEAN-
FRIENDLY-
SUBSTITUTES/](http://blueocean.org/programs/sustainable-seafood-program/ocean-friendly-substitutes/))

FOR NUTRITIONISTS & MEDICAL PROFESSIONALS
As nutrition and medical professionals, your guidance can contribute not only to your clients' personal health, but also to the health of the ocean. By selecting healthy seafood choices that come from abundant, well-managed populations of wild fish or farms that promote robust habitat, your clients' can support vibrant ocean ecosystems.

READ MORE ([HTTP://BLUEOCEAN.ORG/PROGRAMS/SUSTAINA
SEAFOOD-](http://blueocean.org/programs/sustainable-seafood-program/))

SUSTAINABLE SEAFOOD CHOICES
PROGRAM/NUTRITIONISTS- MEDICAL- PROFESSIONALS/
 Blue Ocean has helped consumers discover the connection between a healthy ocean, fishing, and seafood since 2003. Our goal is to increase consumer understanding and drive extensive demand for sustainably caught seafood. We also encourage seafood industry retailers and restaurateurs to implement sustainable seafood practices. Explore this section for color-coded rankings for popular, wild-caught seafood.

READ MORE ([HTTP://BLUEOCEAN.ORG/PROGRAMS/SUSTAINABLE-SEAFOOD-](http://blueocean.org/programs/sustainable-seafood-program/)

PROGRAM/SEAFOOD-CHOICES/
GREEN CHEFS/BLUE OCEAN
 Chefs have a unique chance to help shift the tide and ensure a seafood supply for the future. Green Chefs/Blue Ocean is a comprehensive, interactive online course and a sustainable seafood training program. Our goal is to educate and motivate chefs all over the country to buy and cook with sustainable seafood and ensure a seafood supply for the future.

READ MORE ([HTTP://BLUEOCEAN.ORG/PROGRAMS/SUSTAINABLE-SEAFOOD-PROGRAM/GREEN-CHEFSBLUE-OCEAN-ONLINE-COURSE/](http://blueocean.org/programs/sustainable-seafood-program/green-chefs-blue-ocean-online-course/))

SEARCH THIS SITE



TAKE ACTION

Head for the beach. The ocean's beauty and power will inspire you. Enjoy it!

MAKE A DIFFERENCE

PROGRAMS	EXPLORE	ACT NOW	ABOUT US	CONTACT
Blue Ocean & The Arts (http://blueocean.org/programs/blue-ocean-the-arts/)	Books (http://blueocean.org/programs/blue-ocean-the-arts/)	Make a Difference (http://blueocean.org/programs/blue-ocean-the-arts/)	Blue Ocean Institute (http://blueocean.org/about/)	Blue Ocean Institute (http://blueocean.org/about/)
Blue Ocean Research & Conservation (http://blueocean.org/programs/blue-ocean-research/)	Blue Ocean Writings (http://blueocean.org/programs/blue-ocean-research/)	Make a Donation (http://blueocean.org/programs/blue-ocean-research/)	Partnerships (http://blueocean.org/partners/)	Suite 137 School of Marine & Atmospheric Sciences (http://blueocean.org/contact/)
The Kalpana Chawla “Spirit of Columbia” Scholarship (http://blueocean.org/programs/next-wave-youth-education/blue-ocean-scholarship/)	Boutique (http://blueocean.org/boutique/)		Stay in Touch (http://blueocean.org/next-wave-youth-education/blue-ocean-scholarship/)	University of Maryland, St. Marys College (http://blueocean.org/next-wave-youth-education/blue-ocean-scholarship/)
Next Wave Youth Education (http://blueocean.org/programs/next-wave-youth-education/)	Our Blog (http://blueocean.org/blog/)		About this site (http://blueocean.org/about-this-site/)	NY 11794-5000 (http://blueocean.org/about-this-site/)
SBU’s Center for Communicating Science (http://blueocean.org/programs/next-wave-youth-education/sbu-center-communicating-science/)	Ocean Community (http://blueocean.org/resources/)			3763
Sustainable Seafood (http://blueocean.org/programs/sustainable-seafood-program/)				

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