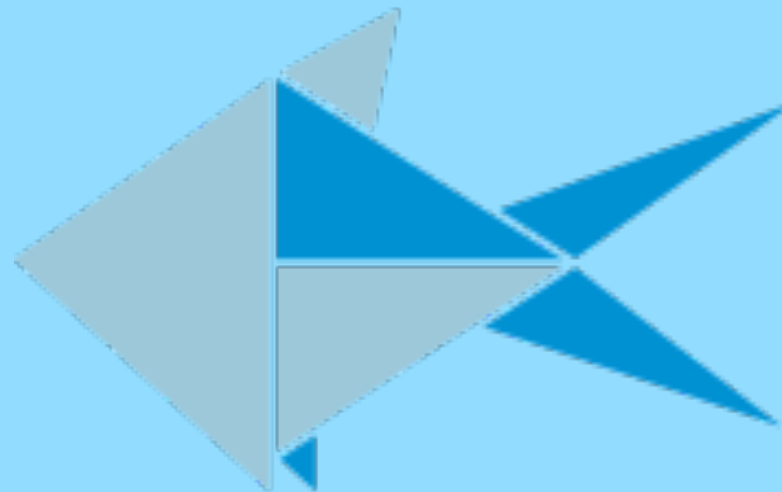


# GOOD-CATCH



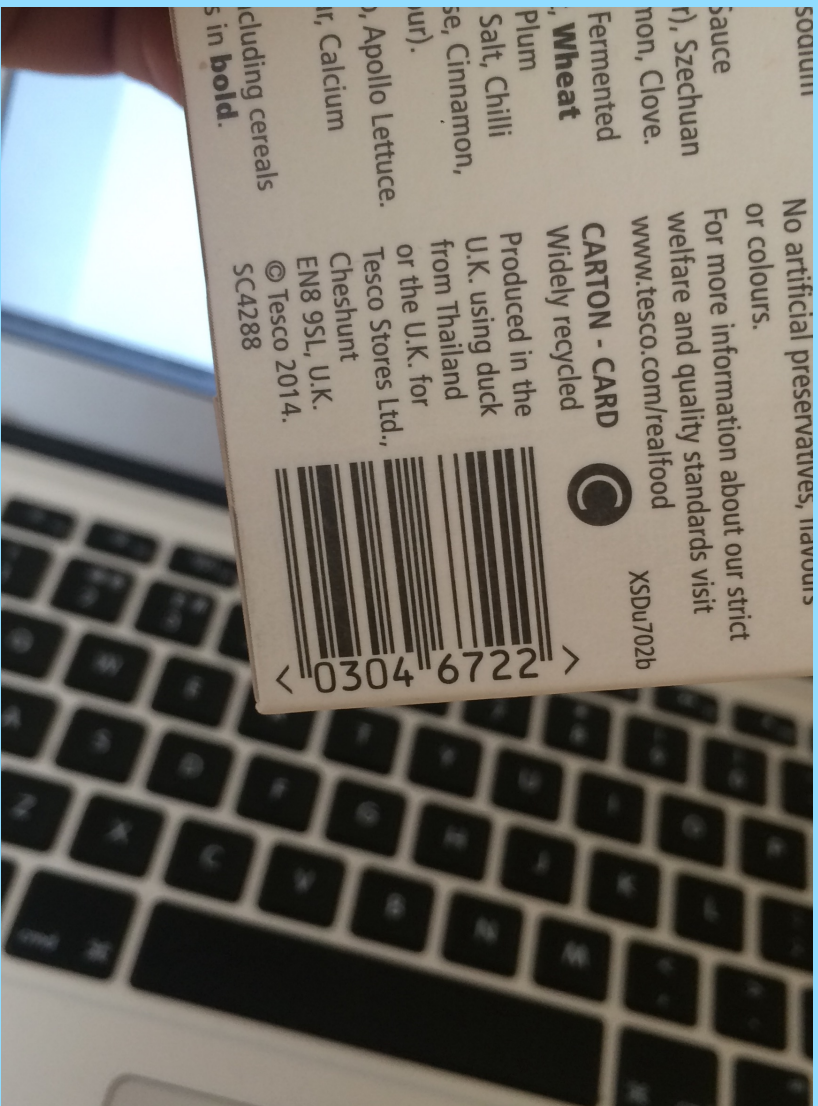
for fish sustainability  
& your health

**LOGIN**

SCAN A FISH

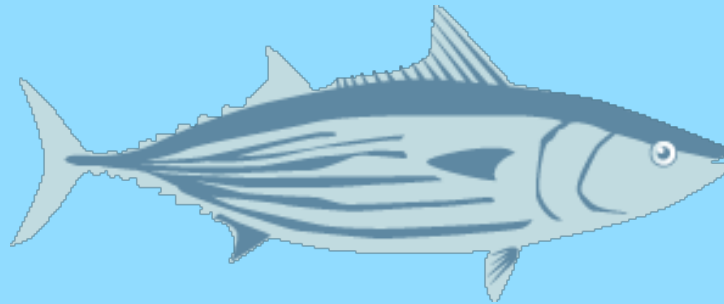
VIEW YOUR INTAKE

CATCH OF THE DAY



SCAN FISH

# SKIPJACK TUNA



GOOD SUSTAINABILITY  
GOOD OMEGA 3  
HIGH MERCURY

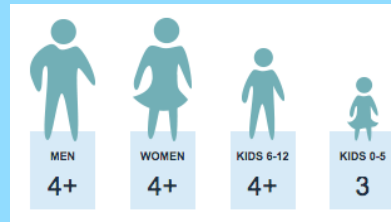
a mild flavour fish, generally sold canned.  
Only buy “Line Caught”

## *Nutrition facts*

Serving Size: 100g

Amount per serving

Calories	103
Total Fat	1g
Cholesterol	47mg
Sodium - Sodium	37mg
Carbohydrates	0g
Protein	22g



ADD TO INTAKE

# INTAKE [30 DAYS]

SUSTAINABILITY 

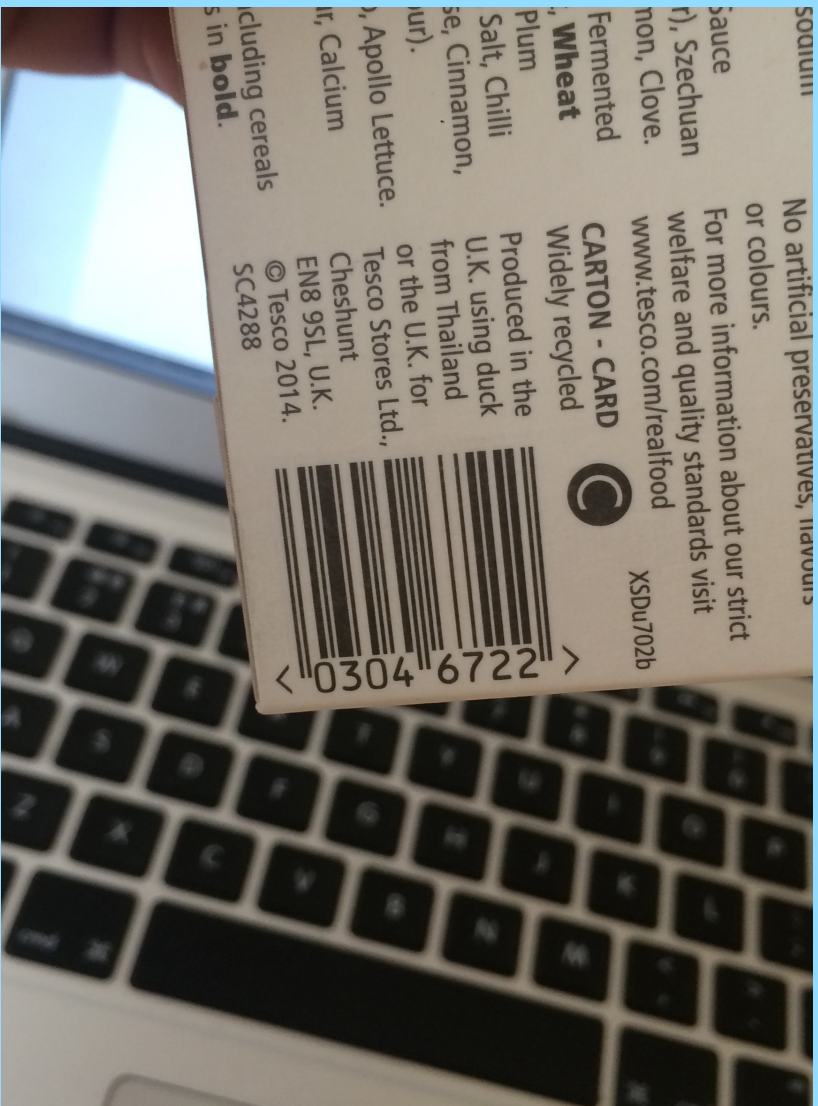
OMEGA 3 INTAKE 

MERCURY INTAKE 

you need to reassess your mercury intake, maybe try some squid or mackerel.

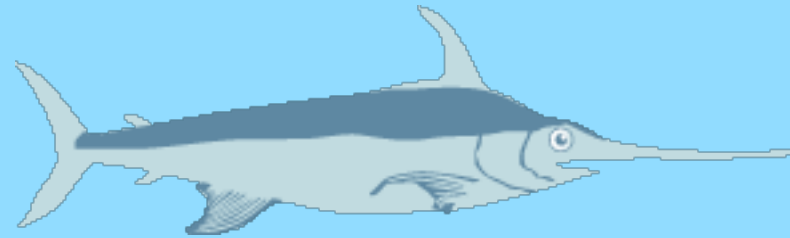
SCAN ANOTHER FISH

BACK TO HOME



SCAN FISH

# SWORDFISH



GOOD SUSTAINABILITY  
LOW OMEGA 3  
VERY HIGH MERCURY

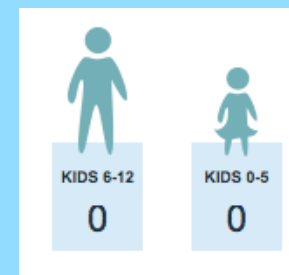
a heavy flavour fish, very high mercury  
level - caution

## *Nutrition facts*

Serving Size: 100g

Amount per serving

Calories	121
Total Fat	4.01g
Cholesterol	39mg
Sodium - Sodium	90mg
Carbohydrates	0g
Protein	19.8g
Omega-3	0.6g



ADD TO INTAKE

# INTAKE [30 DAYS]

SUSTAINABILTY 

OMEGA 3 INTAKE 

MERCURY INTAKE 

you have had too much mercury  
month, ease off for at least 60 days

SCAN ANOTHER FISH

BACK TO HOME



SCAN A FISH

VIEW YOUR INTAKE

CATCH OF THE DAY

# CATCH OF THE DAY

## grilled herring with basil and mustard



Heat grill to its highest setting. Rinse the fish under running cold water to dislodge any loose scales. Brush with a little of the oil and season lightly. Grill for 6-8 mins, or until cooked; the eye should be white, the skin well browned and the flesh firm and opaque. Meanwhile, make the dressing: whisk the mustard, basil, honey, lemon zest and juice and remaining oil together in a small bowl, and season. Once the fish is cooked, spoon the dressing over and serve

HIGH SUSTAINABILITY  
HIGH OMEGA 3  
LOW MERCURY

# CATCH OF THE DAY

## clams and garlic



Wash clams to remove any dirt or sand.  
In a large pot, heat oil over medium heat. Add garlic; sauté for 1 minute, or until tender. Pour in the white wine. Boil until wine has reduced to half its original volume.  
Add clams, cover, and steam till clams start to open. Add butter, cover, and cook till most or all of the clams open. Discard any that do not open. Transfer clams and juice to 2 large bowls. Sprinkle with parsley. Serve.

HIGH SUSTAINABILITY  
HIGH OMEGA 3  
LOW MERCURY