

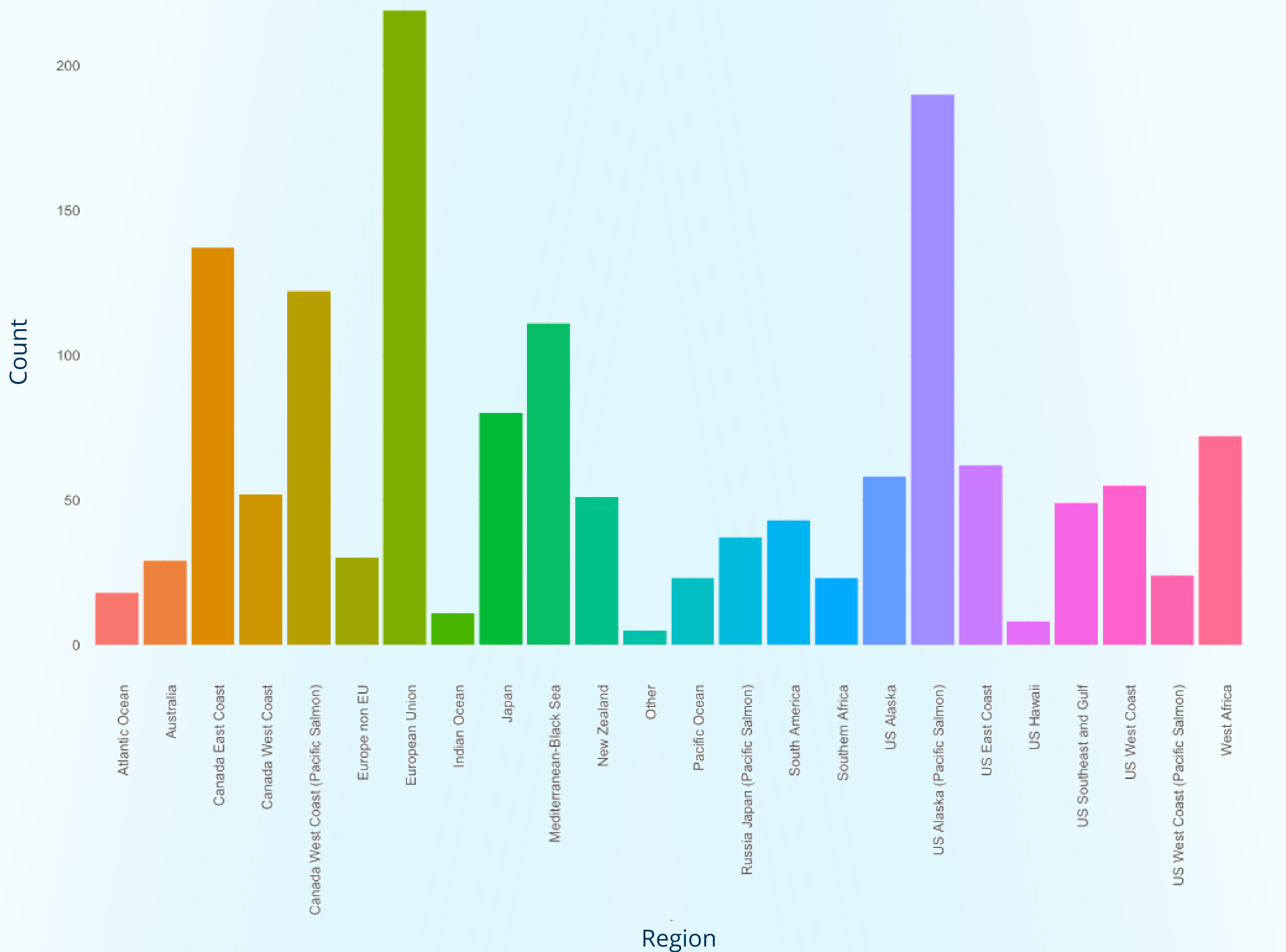
Sea-to-Plate

Overfishing

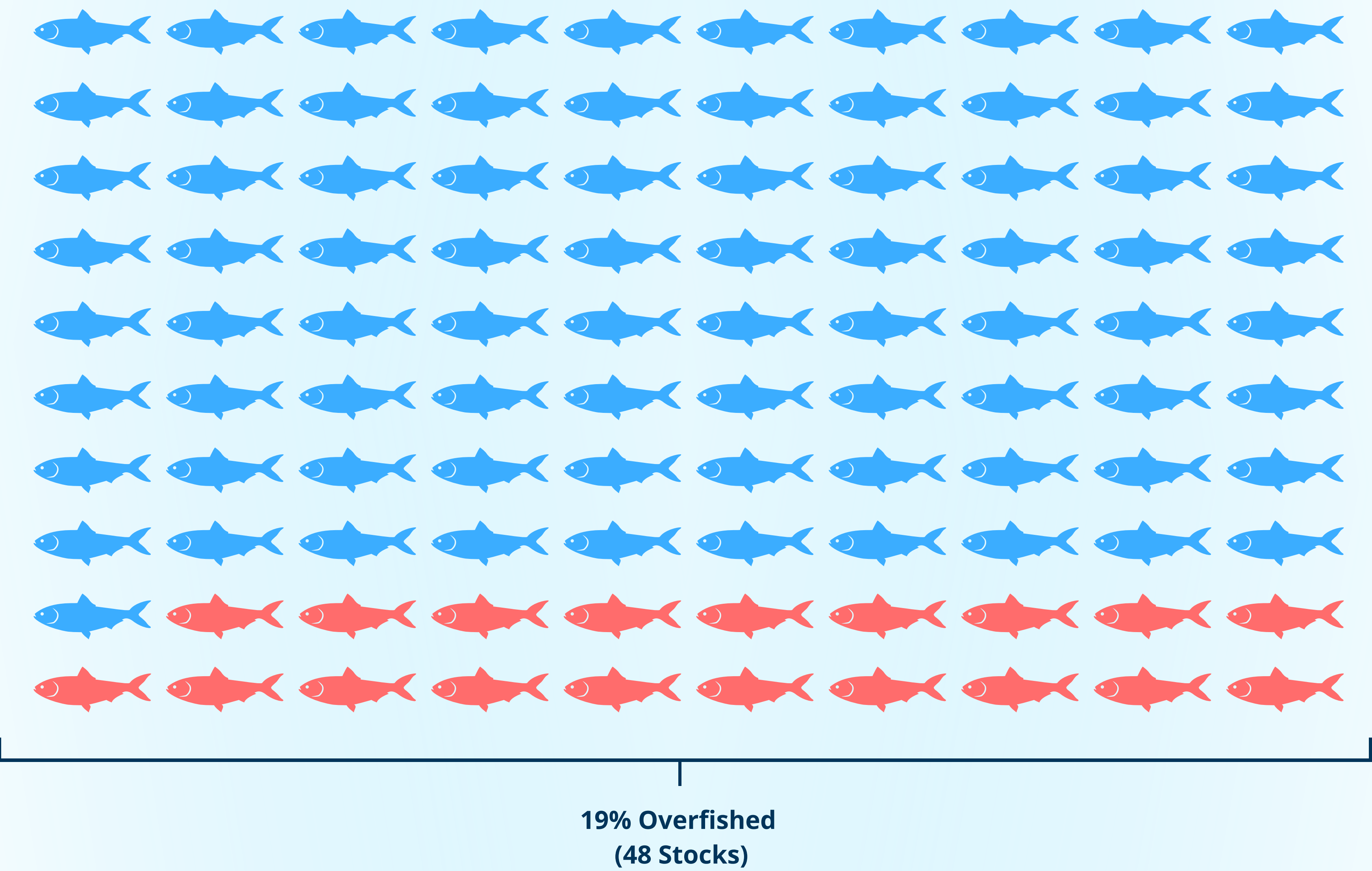
Marine seafood species are caught at a rate faster than they can replenish their population. This greatly harms marine ecosystems and threatens the continued availability of seafood.

Therefore, fishing marine seafood at a rate that allows them to replenish their population prevents marine ecosystems from being overexploited and ensures the sustained availability of seafood.

Fish Stock by Region



249 Stocks with known overfished status



Seafood Watch for Decemeber

Preferred



Sharp chin rockfish



Sockeye Salmon



California Scorpionfish



Greenspotted Rockfish



Pacific Geoduck

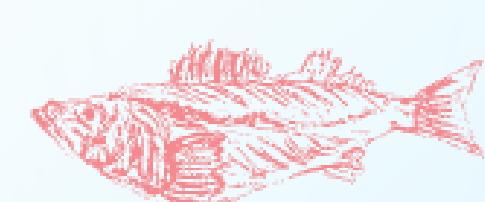
Avoid



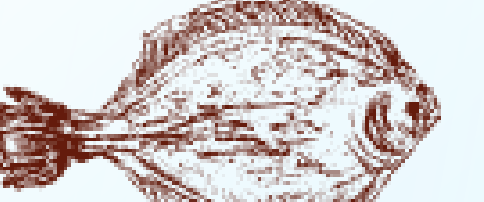
Chum Salmon



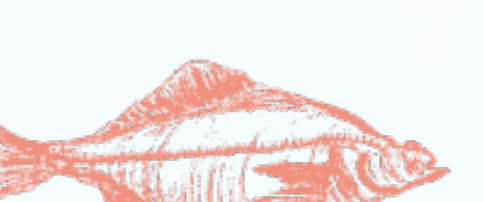
Shortspine thornyhead



Chilipepper Rockfish



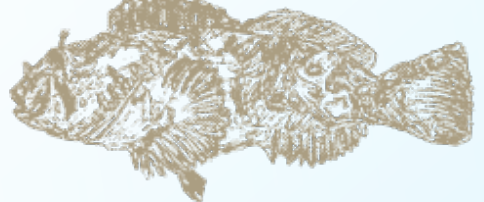
English Sole




Arrowtooth Flounder



Black Rockfish



Cabezon



Big Skate