

# You can stop these fish from disappearing



Take a Seafood Watch guide to choose your seafood wisely.



With demand for seafood growing, the ocean's supply of fish is shrinking. Fortunately, there's something you can do to help stop this disappearing act.

Pick up our Seafood Watch guide to select seafood that's plentiful and comes from environmentally responsible sources. Your wise choices will help protect the oceans—and keep fish in the picture.



Choices for Healthy Oceans  
[www.seafoodwatch.org](http://www.seafoodwatch.org)

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