



Atlantic mackerel (*Scomber scombrus*) > 18 cm.
 Bluespotted cornetfish (*Fistularia commersonii*)
 Atlantic blue crab (*Callinectes sapidus*)
 Bogue (*Boops boops*) > 10 cm.
 Caramote prawn from small scale fishers (*Penaeus kerathurus*)
 Dusky/marbled spinefoot (*Siganus luridus/rivulatus*)
 European anchovy (*Engraulis encrasicolus*) > 9 cm.
 European pilchard (*Sardina pilchardus*) > 11 cm.
 Golani round herring (*Etrumeus golanii*)
 Lionfish (*Pterois miles*)
 Long-spined sea urchin (*Diadema setosum*)
 Mediterranean mussel (*Mytilus galloprovincialis*)
 Rainbow trout (*Oncorhynchus mykiss*)
 Redcoat (*Sargocentron rubrum*)
 Red Sea goatfish (*Parupeneus forsskali*)
 Round sardinella (*Sardinella aurita*) > 10 cm.

Sand steenbras (*Lithognathus mormyrus*) > 20 cm.
 Striped venus clam (*Modiolus barbatus*)
 Pumpkinseed (*Lepomis gibbosus*)



Caramote prawn (*Penaeus aztecus*)
 Common squid (*Loligo vulgaris*)
 Little tunny (*Euthynnus alletteratus*)
 Mugil mullets (*Mugil spp.*) > 16 cm.
 Common pandora (*Pagellus erythrinus*) > 15 cm.
 Picarel (*Spicara smaris*)
 Axillary seabream (*Pagellus acarne*) > 17 cm.
 Atlantic bonito (*Sarda sarda*)
 White seabream (*Diplodus sargus*) > 23 cm.
 Horse mackerell (*Trachurus spp.*) > 15 cm.
 Common cuttlefish (*Sepia officinalis*)
 Gilthead bream (*Sparus aurata*) > 20 cm.



Mediterranean sand smelt (*Atherina hepsetus*)
 Common spiny lobster (*Palinurus elephas*)
 European lobster (*Homarus gammarus*)
 Sea urchin (*Arbacia lixula*, *Paracentrotus lividus*)
 Skates (*Raja spp.*, *Dasiatis spp.*, *Aetomylaeus bovinus*, *Myliobatis aquila*, *Gymnura altavela*)
 Smooth-hound (*Mustelus spp.*)
 Bivalve (molluscs)
 Atlantic bluefin tuna (*Thunnus thynnus*)
 Crabs
 Red mullet (*Mullus barbatus*)
 European seabass (*Dicentrarchus labrax*)
 Greater amberjack (*Seriola dumerili*)
 European hake (*Merluccius merluccius*)
 Surmullet (*Mullus surmuletus*)
 Swordfish (*Xiphias gladius*)
 Dusky grouper (*Epinephelus marginatus*)
 Brown meagre (*Sciaena umbra*)
 Atlantic salmon (*Salmo salar*)



Limpets (*Patella spp.*)
 Date mussels (*Lithophaga lithophaga*)
 Mediterranean fan mussel (*Pinna nobilis*)
 Juvenile fish and cephalopods



**RESPONSIBLE
 SEAFOOD
 CONSUMPTION GUIDE**

PICK THE ALIEN EAT RESPONSIBLY

With the aim to promote responsible consumption of seafood and fish products, this is a list you may consult when choosing what to eat!



RECOMMENDED



GOOD ALTERNATIVES



AVOID



PROHIBITED

RECOMMENDED alien species whose consumption contributes to the protection of marine ecosystems or species that are abundant in the Greek seas and more likely to be fished with sustainable techniques and methods. Next to each species you can find the minimum conservation reference size based on the applied legislation.

GOOD ALTERNATIVES consist of species whose consumption may be a responsible choice under conditions, such as the size and season of consumption, and taking into consideration the fishing techniques and methods they were caught. Next to each species you can find the minimum conservation reference size based on the applied legislation.

AVOID species whose stocks are declined or endangered species and apex predators. The category also includes species which are more probably to be caught with fishing techniques and methods that pose high threats to the marine environment. There are also species which are usually mislabeled and may correspond to protected species, or impact human health mainly due to their high concentration in heavy metals.

PROHIBITED species based on the international, European and national legislation, according to which catching and selling them is illegal.



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