



Atlantic blue crab (*Callinectes sapidus*)
Atlantic mackerel (*Scomber scombrus*) > 18 cm
Blue crab (*Portunus segnis*)
Bluespotted cornetfish (*Fistularia commersonii*)
Bogue (*Boops boops*) > 10 cm
Caramote prawn from small scale fishers (*Penaeus kerathurus*)
Common pandora (*Pagellus erythrinus*)
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*)
Pumpkinseed (*Lepomis gibbosus*)
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*)



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



Atlantic bluefin tuna (*Thunnus thynnus*)
Atlantic salmon (*Salmo salar*)
Bivalves (*Molluscs*)
Brown meagre (*Sciaena umbra*)
Common dentex (*Dentex dentex*)
Common octopus (*Octopus vulgaris*)
Common spiny lobster (*Palinurus elephas*)
Crabs
Dusky grouper (*Epinephelus marginatus*)
European eel (*Anguilla anguilla*)
European hake (*Merluccius merluccius*)
European lobster (*Homarus gammarus*)
Farmed seabass (*Dicentrarchus labrax*)
Farmed seabream (*Sparus aurata*)
Greater amberjack (*Seriola dumerili*)
Goldblotch grouper (*Epinephelus costae*)
Mediterranean sand smelt (*Atherina hepsetus*)
Red mullet (*Mullus barbatus*)



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

Sea urchin (*Arbacia lixula*, *Paracentrotus lividus*)
Sea squirt (*Microcosmus sabatieri*)
Smooth-hound (*Mustelus spp.*)
Surmullet (*Mullus surmuletus*)
Swordfish (*Xiphias gladius*)
Wild European seabass (*Dicentrarchus labrax*)
White grouper (*Epinephelus aeneus*)



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.



For more information visit
www.isea.com.gr

