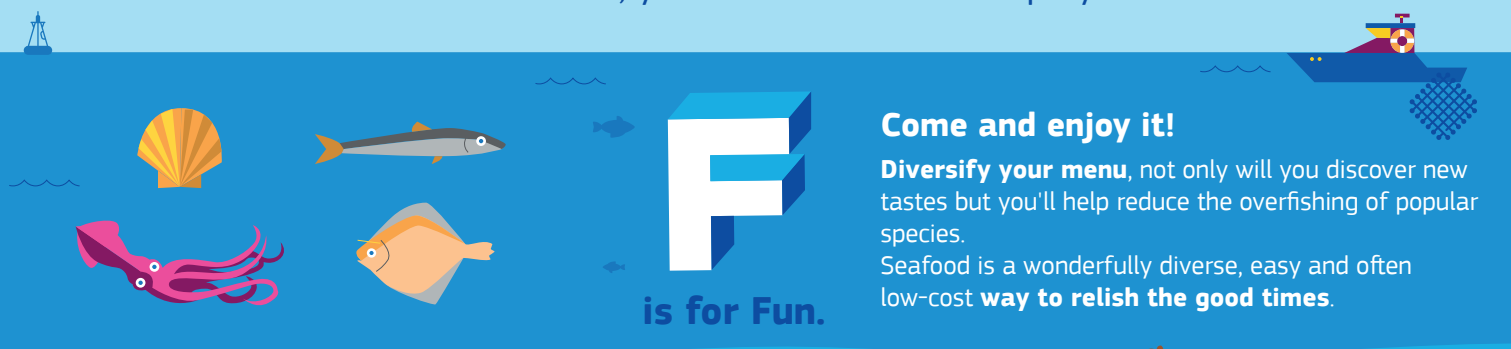




# Enjoy sustainable seafood during your holidays

The EU is working to ensure that our marine resources are managed sustainably. As a consumer, you have a vital role to play.



# F

is for Fun.

## Come and enjoy it!

**Diversify your menu**, not only will you discover new tastes but you'll help reduce the overfishing of popular species. Seafood is a wonderfully diverse, easy and often low-cost way to relish the good times.

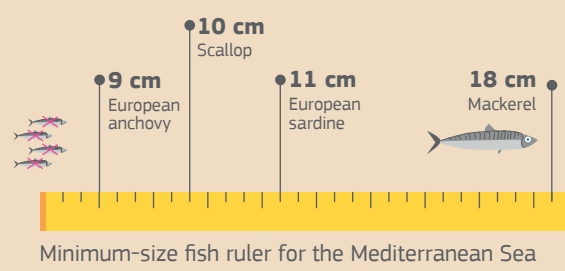
## Do you know what you're eating?

Ask your fishmonger or waiter - Is it seasonal? Is it local? Is it sustainably fished or farmed?

**Labels** and **consumer guides** help you make more sustainable choices.

# I

is for Info.



# S

is for Size.

## No reproduction today, no fish tomorrow!

Avoid fish that are below the minimum size: **it is illegal**. Use your common sense and **practical rulers** like [this](#) to help protect baby fish.

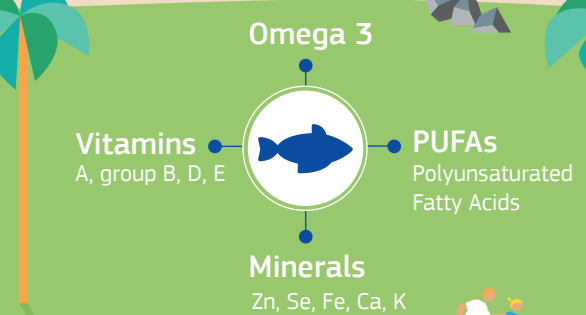
## Delicious and nutritious!

The quality of **aquaculture** and **fisheries products** is carefully controlled in the EU.

They are all safe, healthy... and good for your figure!

# H

is for Health.



### For more information

- [http://ec.europa.eu/fisheries/documentation/publications/eu-new-fish-and-aquaculture-consumer-labels-pocket-guide\\_en.pdf](http://ec.europa.eu/fisheries/documentation/publications/eu-new-fish-and-aquaculture-consumer-labels-pocket-guide_en.pdf)
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- <http://ec.europa.eu/fisheries/inseparable/en>
- <http://ec.europa.eu/fisheries/inseparable/en/farmed-eu>