

Common Questions	Responses
What are recommended brands for sustainable canned tuna?	<p>Considered “Best Choice” or “Good Alternative,” or are eco-certified by the Marine Stewardship Council (2):</p> <ul style="list-style-type: none"> ● Fishing Vessel St. Jude ● Mind Fish Co. ● Ocean Naturals ● Safe Catch ● Wild Planet ● 365 Everyday Value by Whole Foods
What words indicate sustainability on canned fish?	<ul style="list-style-type: none"> ● Poll-caught ● Troll-caught ● Poll and line caught ● FAD-free ● School caught ● Free school ● Unassociated (2)
Is there a guide to buying sustainable fresh or frozen fish?	<ul style="list-style-type: none"> ● Download a guide for your state here: https://www.seafoodwatch.org/seafood-recommendations/consumer-guides (3) ● Another guide option: https://www.mcsuk.org/goodfishguide/search?name=salmon (4)
Is there a difference in optimal sustainability between farmed vs wild fish?	<ul style="list-style-type: none"> ● The Environmental Defense Fund (EDF)’s guide rates wild and farmed fish operations: http://seafood.edf.org/about-guide (5) ● The feed for farmed fish is the main source of greenhouse gas emissions, though it has less of an environmental impact than feed for livestock (i.e. beef, lamb) (6). ● The fuel for wild fish is the main source of greenhouse gas emissions (6).

<p>What fish species are included in “light tuna”?</p>	<ul style="list-style-type: none"> ● Light tuna is usually a mixture of different species. It can include skipjack, yellowfin, tongol. Sometimes bigeye, which is best to avoid, gets in the mix due to the problem of by-catch or unwanted fish getting caught in nets. This is less likely to happen with sustainable fishing practices (7). ● Skipjack is lowest in mercury. Tongol is most likely comparable to skipjack due to its size (specific data is unavailable). Yellowfin has mercury levels comparable to albacore. Bigeye has mercury levels greater than albacore (7).
<p>What is the difference between oil-packed and water packed?</p>	<ul style="list-style-type: none"> ● The tuna packed in oil may be higher in calories because it absorbs some of that oil and some of the oil may also get mixed into your food meal. Tuna packed in oil is less than 5% lower in omega-3 fats than water packed. This may be because the omega-3 fats are attracted to the properties of the oil and repelled by the properties of the water (7).
<p>Are there brands of tuna without salt?</p>	<ul style="list-style-type: none"> ● Of the sustainable brands listed above, Ocean Naturals is the only one that does NOT have a salt free option (8). ● Look for “no salt added” or “low sodium” on other brands.
<p>Is there a lot of sodium in regular tuna?</p>	<ul style="list-style-type: none"> ● Regular tuna has 300-500 mg, which is 20-30% of the 1,500 mg sodium budget for those following a heart-healthy food plan (13). ● Rinsing regular canned tuna with water briefly may reduce the sodium content by about 100 mg. Rinsing for 3 minutes can reduce the sodium content by 80% (9,10). ● “Low sodium” food is defined as 140 mg sodium or less (11). ● Depending on how you choose to budget your sodium, regular tuna can still be part of your diet. Does your budget allow for regular bread or flour tortillas? Perhaps tuna could be used instead of a food source you like that is not low sodium. ● e.g. 2 slices of Oroweat Multi-Grain sandwich bread, 320 mg, 20% of sodium budget (12) ● e.g. 10” Mission Bell flour tortilla, 570 mg sodium, 38% of sodium budget (7)

Why do only some brands have the “Heart-Check mark” from the American Heart Association?	<ul style="list-style-type: none"> Companies can choose to participate in the certification program; the cost of joining is a deterrent (7).
What are the best sustainable options for fish rich in omega-3 fats?	<ul style="list-style-type: none"> Choose small omega-3 fish: sardines, herring, or mackerel. This will help keep the ocean’s ecosystem in balance. Why? Right now, predator fish are being overfished. This is resulting in high levels of small forage fish in the ocean. These small fish play a role in keeping the eco-system balanced because they eat zooplankton, which eats phytoplankton. But currently there is not enough zooplankton, so phytoplankton is growing out of control in “blooms,” which block sunlight and reduce nutrients available for other symbiotic algae (14, 15).
How does salmon compare to tuna?	<ul style="list-style-type: none"> Salmon is an excellent source of omega-3 fats and most species are considered sustainable. Even though it is a large predator fish, it is lower in mercury than tuna because it eats more plankton and crustaceans than small fish (16).
What is a safe amount of light or skipjack tuna to eat weekly?	<p>You can eat more of this kind.</p> <ul style="list-style-type: none"> 12 oz per week or 3 (4 oz) cans per week is considered safe (18).
What is a safe amount of white or albacore tuna to eat weekly?	<p>Eat less of this kind.</p> <ul style="list-style-type: none"> 4 oz per week or 1 (4 oz) can per week is considered safe (18).
How much total tuna can I eat per week?	Choose to eat either 12 oz of light tuna or 4 oz of white tuna per week (18).
What is the safe amount to eat if I’m pregnant or breastfeeding?	The safety statements are the same (18).
What is the safe amount to eat for a child?	A serving is 1 oz at age 2 and increases with age to 4 oz by age 11. Eat 2-3 servings of light or skipjack tuna per week or 1 serving of white or albacore tuna per week (18).