

# **Want more detailed information on whats in the food you eat and how to choose/handle seafood safely?**

**Check out these great resources!**

US Fisheries Management and Sustainability

**[www.fishwatch.gov](http://www.fishwatch.gov)**

Nutritional Information for All Foods  
Including Seafood

**[www.ndb.nal.usda.gov](http://www.ndb.nal.usda.gov)**

General Seafood Safety, Nutrition and  
Sustainability Information for Consumers  
and Medical Professionals

**[www.seafoodhealthfacts.org](http://www.seafoodhealthfacts.org)**

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[www.nyseagrant.org/seafood](http://www.nyseagrant.org/seafood)

