NEW YORK SEAFOOD
A delicious and nutritious choice

NY seafood is a great choice because

- It's easier to trace
- It supports local business
- It burns less fuel

On average, imported seafood goes through about 20 people before reaching your plate, while local seafood goes through 3 or less.

In the US, we import over 90% of the seafood we eat, despite having some of the best management practices and one of the largest coastlines in the world.

Where can I learn more?
www.localfish.org
www.seafoodhealthfacts.org

Foreign Import 90%
Domestic (U.S.) 10%

See reverse side for some ideas of NY Seafood to make tonight for dinner!
Found in NY Waters...and now on your plate!

Fluke

Black sea bass

Blue Crabs

Hard clam

Spiny dogfish

Sea Robin

Skate

Scup/Porgy

Blue mussel

Bluefish

For more information or questions, please contact:
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