



If you are concerned about seafood, you're not alone.....

Eating seafood has been shown to improve health and save lives but many people are confused about how much or what types of seafood to eat. FishWatch answers these questions and more!



*FishWatch is a new, free, service for seafood consumers. FishWatch provides straightforward, helpful information that is accurate, easy to access, and simple to understand. Through FishWatch, NOAA Fisheries Service provides the most accurate, credible, and timely information on U.S. seafood.*

**NOAA Fisheries Service is committed to the sustainable management of U.S. marine fisheries and providing you with the most up-to-date consumer information on seafood.**

**FISHWATCH.NOAA.GOV**