



# YOU HAVE A CHOICE MAKE IT GREEN

@SASSI @WWFSASSI

## MAKING A DIFFERENCE

To make a smart seafood choice, you need to ask what species is it, how was it caught/farmed and where it is from.

- The health of fish stocks and the vulnerability of the species to fishing pressure (**WHAT**)
- The environmental effects of the fishing method used to capture the fish (**HOW**)
- The effectiveness of the management of the fishery (**WHERE**)

Only the most popular seafood species have been included on this poster. For a more complete list and more SASSI facts, visit [wwfsassi.co.za](http://wwfsassi.co.za)



**NOTE:** This poster is the date: December 2025 and is updated annually. Please contact WWF-SASSI at [sassi@wwf.org.za](mailto:sassi@wwf.org.za) to get an updated poster.

SCAN THE QR CODE TO GET OUR LATEST APP

### WWF - SASSI FACTS

- SASSI does not equal SASSI accredited/endorsed
- SASSI does not equal SASSI compliant/approved
- SASSI logo does not mean "Everything is sustainable"
- Responsibly caught does not equal ecologically sustainable
- Traceable does not equal ecologically sustainable
- Not all red listed species are illegal

### TAKE ACTION ALWAYS ASK

- 1 What species is it?
- 2 How was it caught or farmed?
- 3 Where is it from?

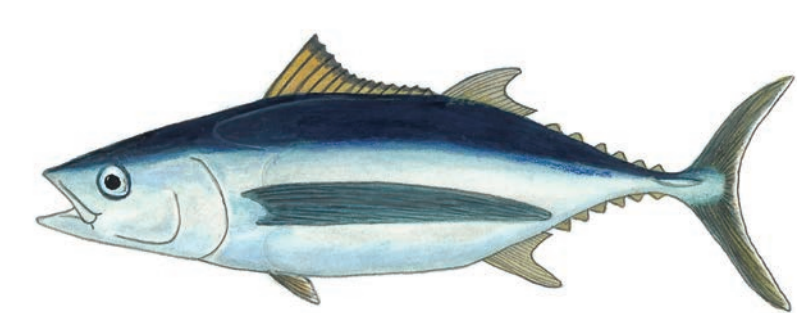
### SYMBOLS

- + Species appears on **multiple lists\***
- ↻ Species under **improvement\***
- \* Specially **protected** species that are not allowed to be taken out of the ocean at all

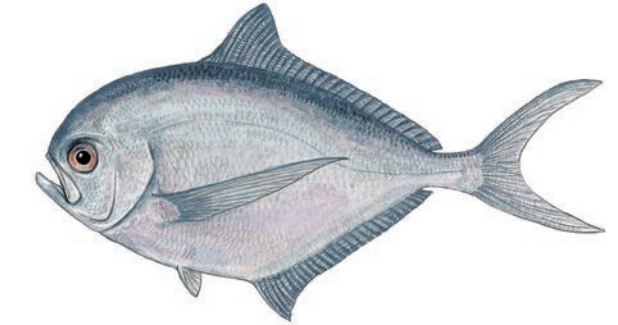
\* See [wwfsassi.co.za](http://wwfsassi.co.za) for details

### GREEN BEST CHOICE

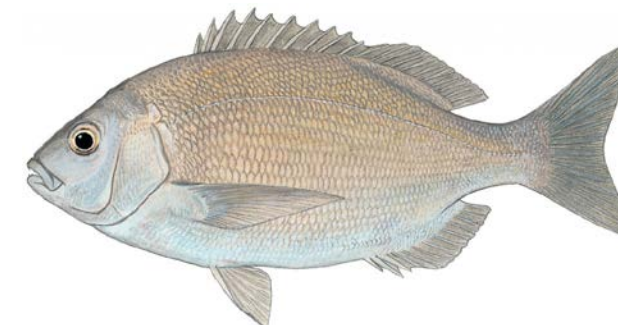
The best choices from the healthiest and most well-managed populations.



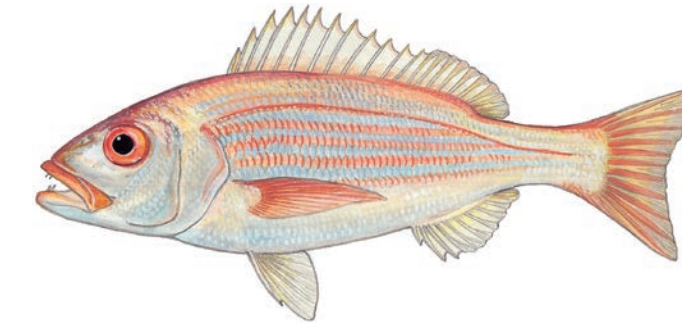
+ **Albacore tuna** (SA pole caught – Atlantic Ocean)  
*Thunnus alalunga*



+ **Angelfish** (SA offshore trawl)  
*Brama brama*



+ **Cape bream** (SA)  
*Pachymetopon blochii*



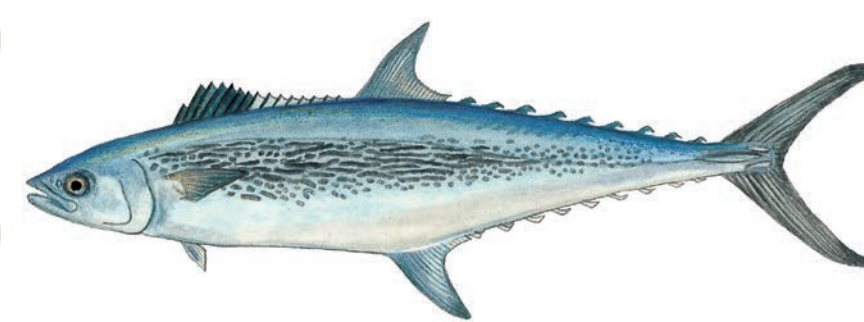
+ **Carpenter** (SA linefishing)  
*Argyrosoma argyrosoma*



+ **Catface rockcod** (SA linefishing)  
*(Epinephelus andersoni)*



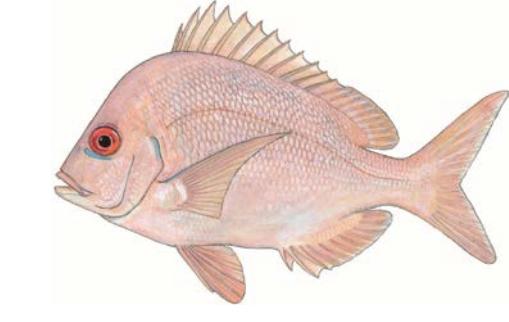
+ **Giant tiger prawn** (Vietnam farmed using extensive production)  
*Penaeus monodon*



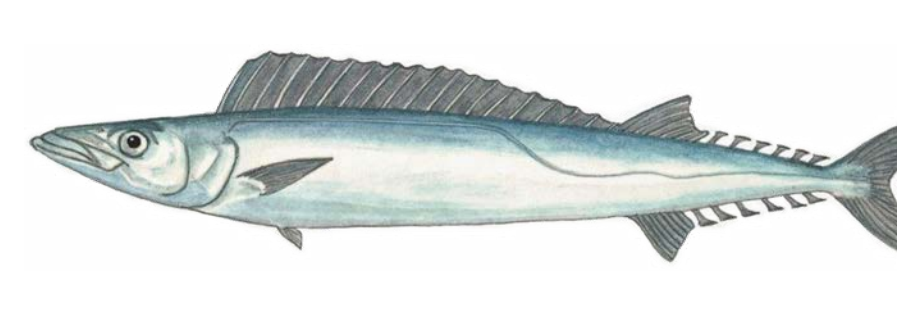
+ **Queen mackerel** (SA linefishing)  
*Scomberomorus plurilineatus*



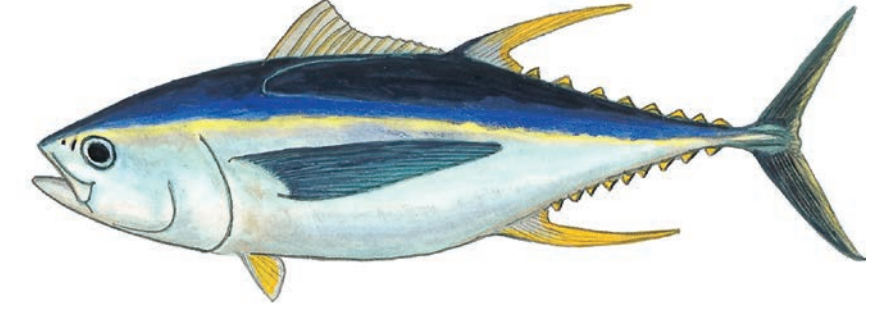
+ **Rainbow trout** (farmed in Lesotho & SA)  
*Oncorhynchus mykiss*



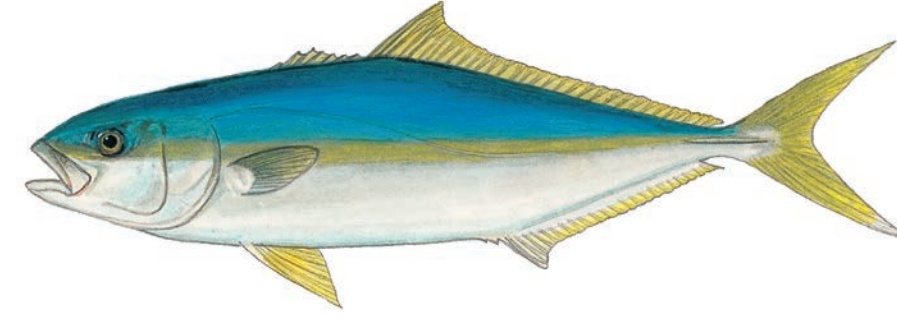
+ **Slinger** (SA linefishing)  
*Chrysoblephus puniceus*



+ **Snoek** (SA linefishing & trawled, NZ trawled)  
*Thyrsites atun*



+ **Yellowfin tuna** (SA pelagic longline - Indian Ocean & pole & line - Atlantic Ocean)  
*Thunnus albacares*



+ **Yellowtail** (SA linefishing)  
*Seriola lalandi*

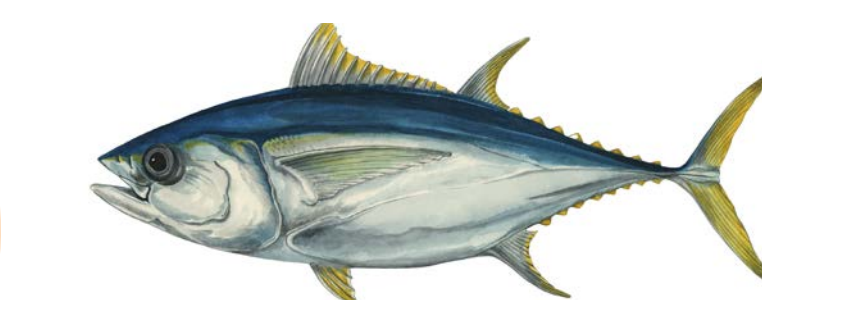


+ **Calamari / Squid** (Patagonian jigging)\*

Calamari/Squid (various species) can be found on the Green and Orange lists, depending on species, fishing method & where it is caught. See website/app for details.

### ORANGE THINK TWICE

There are reasons for concern because of depleted populations, high fishing pressure, biological vulnerability and/or severe impacts of the fishery or farm on the environment.



+ **Atlantic / Norwegian salmon** (farmed)  
*Salmo salar*



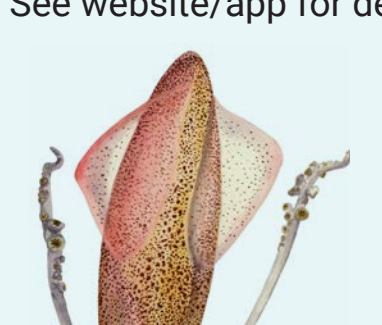
+ **Baby clam** (handcollected in Vietnam)  
*Paphia undulata*



+ **Black musselcracker** (SA linefishing)  
*Cymatoceps nasutus*



+ **Blue shark** (SA pelagic longline)  
*Prionace glauca*



+ **Calamari / Squid** (Patagonian trawled)\*

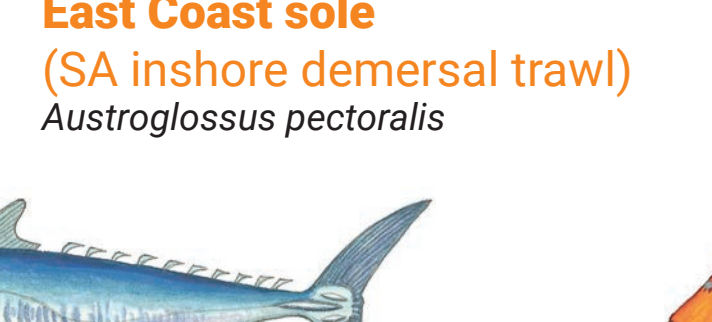
Calamari/Squid (various species) can be found on the Green and Orange lists, depending on species, fishing method & where it is caught. See website/app for details.



+ **Bigeye tuna** (SA pelagic longline – Indian Ocean)  
*Thunnus obesus*



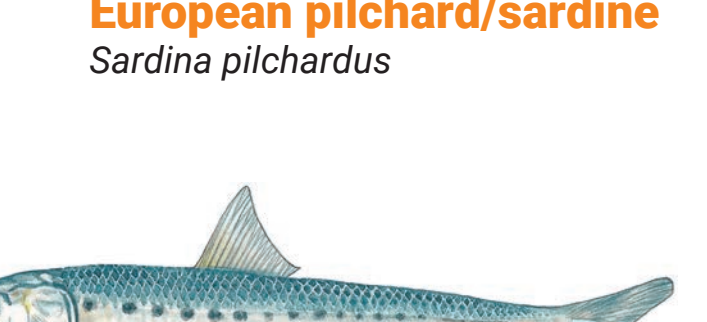
+ **Dorado** (SA pelagic longline)  
*Coryphaena hippurus*



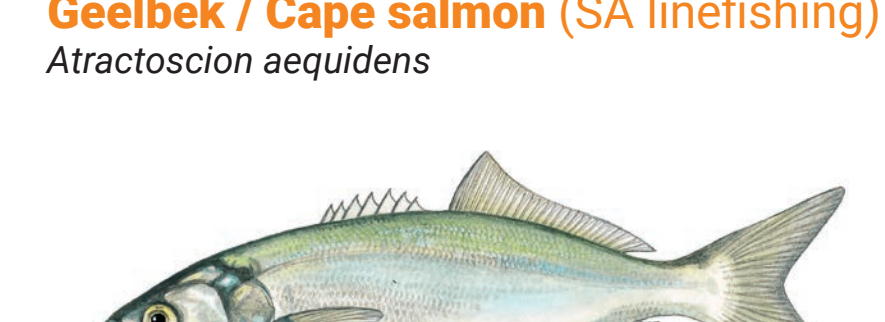
+ **East Coast sole** (SA inshore demersal trawl)  
*Austroglossus pectoralis*



+ **Englishman** (SA linefishing)  
*Chrysoblephus anglicus*



+ **European pilchard/sardine**  
*Sardina pilchardus*



+ **Geelbek / Cape salmon** (SA linefishing)  
*Atractoscion aequidens*



+ **Jacopever** (SA offshore trawl & demersal longline)  
*Helicolenus dactylopterus*



+ **Kingklip** (SA offshore trawl)  
*Genypterus capensis*



+ **King mackerel** (SA linefishing)  
*Scomberomorus commerson*



+ **Red roman** (SA linefishing)  
*Chrysoblephus laticeps*



+ **Sardine / Pilchard** (SA purse seine)  
*Sardinops sagax*

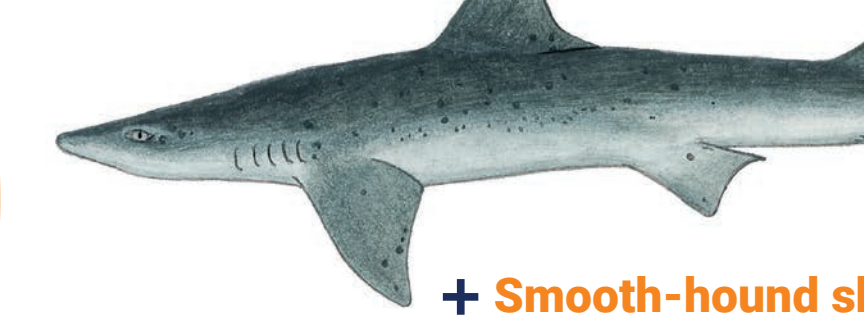


+ **Shad/Elf** (linefishing excl. KZN)  
*Pomatomus saltatrix*



+ **Prawns** (various)\*

Prawns (various species) can be found on the Green, Orange and Red lists, depending on species, fishing method & where it is caught. See website/app for details. ASC-certified prawns are available in South Africa at selected retailers and restaurants.



+ **Smooth-hound shark** (SA linefishing)  
*Mustelus mustelus*



+ **Swordfish** (SA pelagic longline)  
*Xipias gladius*



+ **Octopus** (SA offshore trawl)  
*Enteroctopus magnificus*



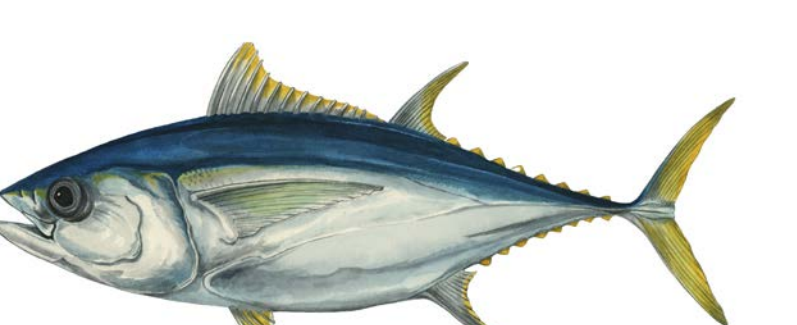
+ **Yellowtail amberjack** (Japan purse seine or uncovered pound nets)  
*Seriola quinqueradiata*



+ **Yellowfin tuna** (SA pelagic longline - Atlantic Ocean)  
*Thunnus albacares*

### RED DON'T BUY

Either from unsustainable populations that have extreme environmental concerns or lack of management, OR are illegal to sell in South Africa (specially protected or recreational "no-sale" species). **Don't buy these!**



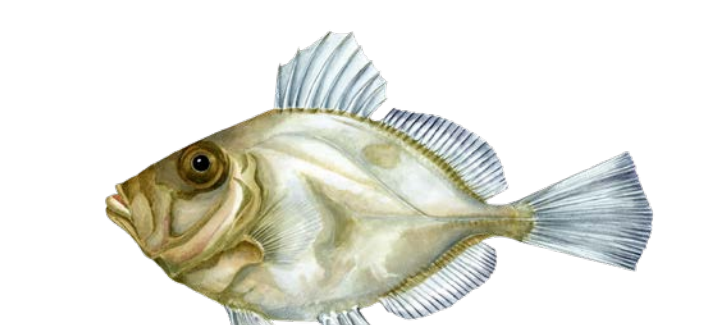
+ **Bigeye tuna** (SA pelagic longline – Atlantic Ocean)  
*Thunnus obesus*



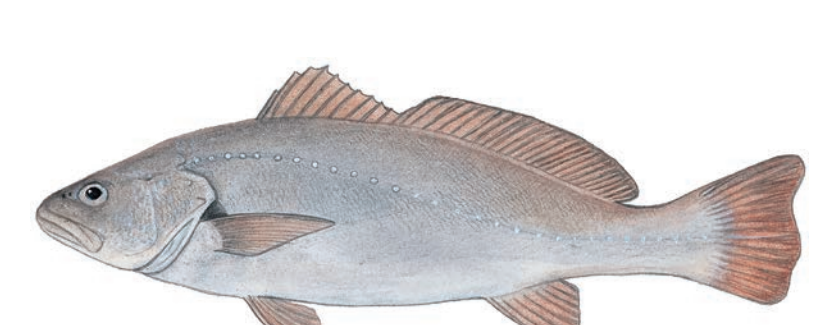
+ **Blue swimming crab** (Indian Ocean demersal trawl)  
*Portunus pelagicus & Portunus trituberculatus*



+ **Bluefin tuna** (all catch types)  
*Thunnus maccoyii*



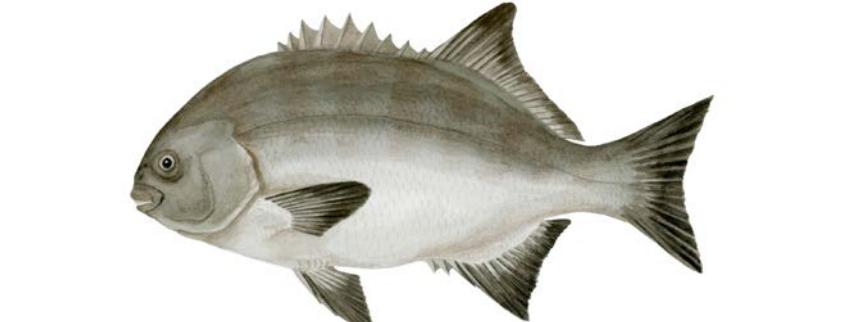
+ **Cape dory** (SA inshore trawl)  
*Zeus capensis*



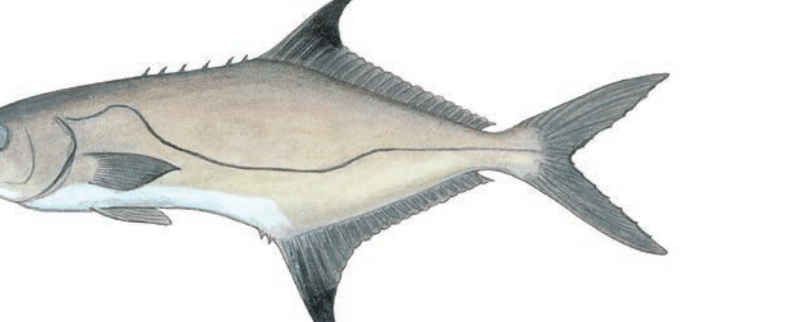
+ **Dusky kob** (SA linefishing & inshore demersal draw)  
*Argyrosoma japonicus*



+ **Prawns** (various)\*



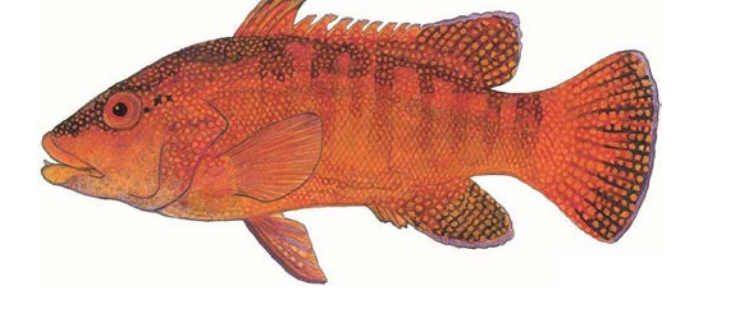
+ **Galjoen** (SA)  
*Dichistius capensis*



+ **Garrick** (SA)  
*Lichia amia*



+ **Hake** (Argentina, Peru & Chile bottom trawl)  
*Merluccius hubbsi, M.gayi gayi & M.gayi peruanus*



+ **Natal wrasse**  
*Anchichoerops natalensis*



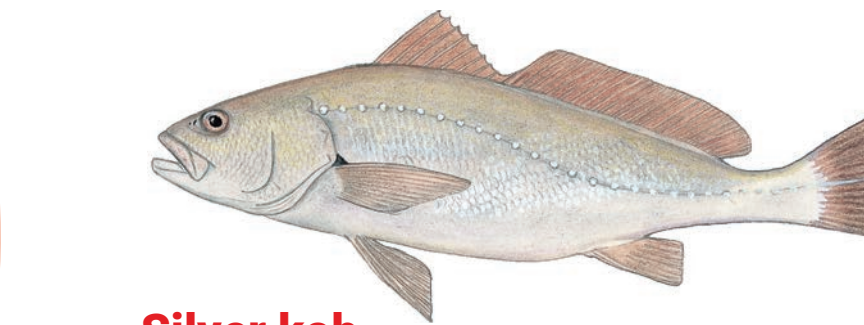
+ **Red steenbras** (SA)  
*Petrus rupestris*



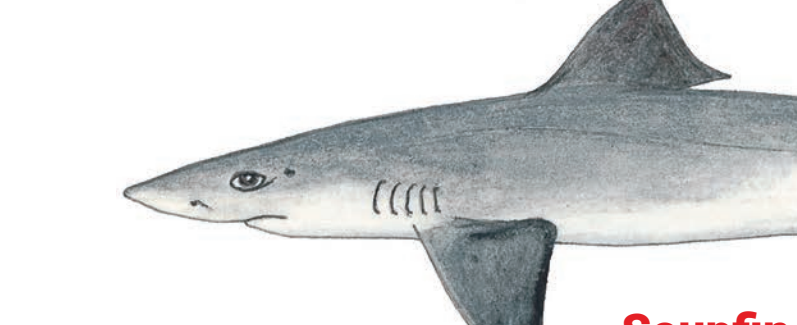
+ **Red stumpnose / Miss Lucy** (SA linefishing & inshore trawl)  
*Chrysoblephus gibbiceps*



+ **Seventy-four** (SA)  
*Polysteganus undulosus*



+ **Silver kob** (SA linefishing & inshore trawl)  
*Argyrosoma inodorus*



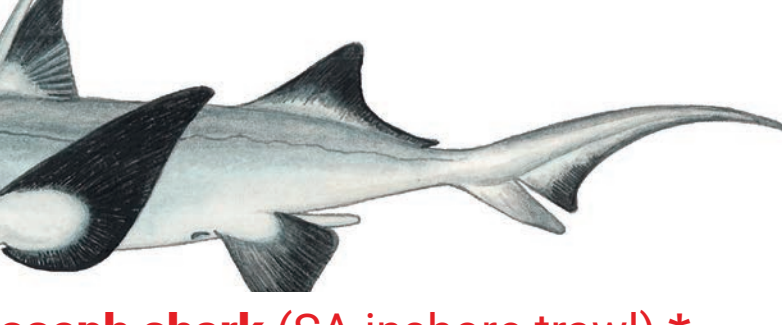
+ **Soupfin shark** (SA longline & inshore trawl)  
*Galeorhinus galeus*



+ **Shortfin mako shark** (SA pelagic longline)  
*Isurus oxyrinchus*



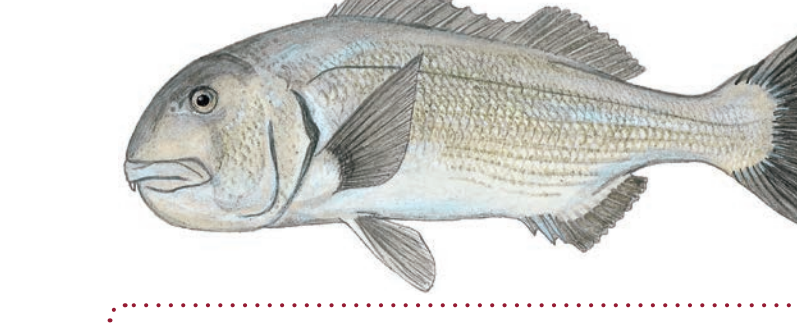
+ **Squartail kob** (SA linefishing)  
*Argyrosoma thorpei*



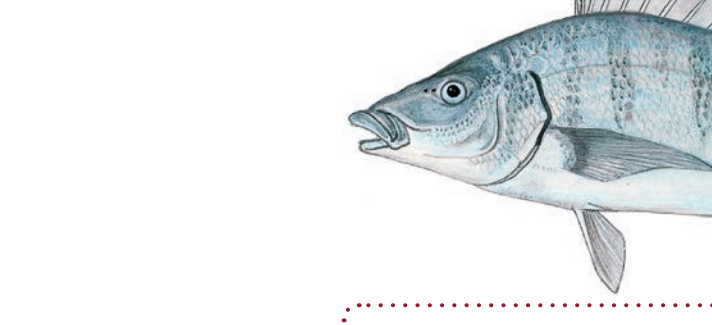
+ **St Joseph shark** (SA inshore trawl)  
*Callorhynchus capensis*



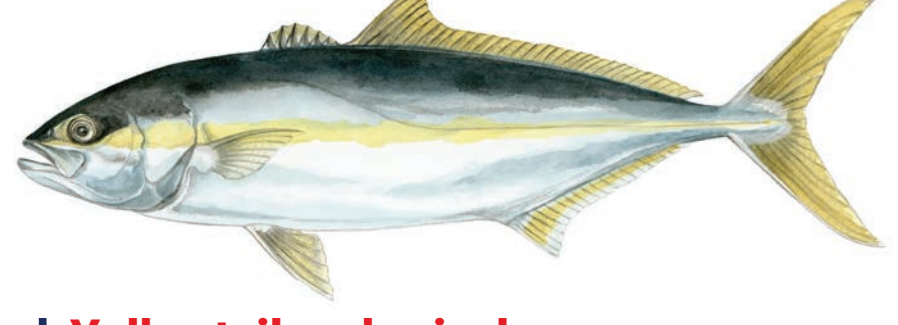
+ **West coast rock lobster** (SA pots, hoops, traps & ring nets)  
*Jasus lalandii*



+ **White musselcracker** (SA)  
*Sparodon durbanensis*



+ **White steenbras** (SA)  
*Lithognathus lithognathus*



+ **Yellowtail amberjack** (Japan & China caged farmed)  
*Seriola quinqueradiata*

**NO SALE**  
ILLEGAL TO SELL IN SA

Species on the red list with a dark background are illegal to sell in SA – either specially protected or recreational 'no sale' species.



WWF-SASSI is a collaborative initiative between the Department of Environment, Forestry and Fisheries, Ezemvelo KwaZulu-Natal Wildlife, Two Oceans Aquarium, TRAFFIC, Sea World at uShaka, the South African Institute for Aquatic Biodiversity (SAIAB), South African National Biodiversity Institute (SANBI), Johannesburg Zoo, SANCCOB, National Zoological Garden Pretoria, South African Environmental Observation Network (SAEON), Save Our Seas, City of Cape Town and BirdLife SA. It aims to improve the conservation status of overexploited fish and other seafood species through education, awareness and behaviour change. Only the most popular seafood species have been included on this poster. Visit our website ([wwfsassi.co.za](http://wwfsassi.co.za)) for the complete list, download the SASSI app at [sassiapp.co.za](http://sassiapp.co.za).



Fish artwork by Elain Heenstra \*SAIAB, also appears in the book Coastal Fishes of Southern Africa published by NISC | [saiab.ac.za](http://saiab.ac.za) | [coastalfishes.nisc.co.za](http://coastalfishes.nisc.co.za)  
Artwork of the octopus, bigeye tuna and Cape dory by Susan Abraham. Invertebrate artwork from Coastcare poster series, \*Coastcare | Alaskan Salmon illustration by David Ehler, provided by the University of Washington | Layout & design by The Ethical Agency | Poster design and content copyright to SASSI & SAIAB