



ACCESSIBLE, SUSTAINABLE
SEAFOOD OPTIONS

WHAT TO LOOK FOR WHEN SELECTING:

Striped Bass



Why Striped Bass is a Healthy Choice

Striped bass are packed with omega-3 fatty acids, giving them a buttery taste that is sweet and delicate. By lowering blood pressure and reducing cholesterol, these fatty acids help reduce the risk of cardiovascular disease. They also may help prevent heart disease and stroke. They provide a meaty, yet flaky texture that is versatile to cook.

How to Select Sustainable Striped Bass Options

- We recommend selecting sustainably farmed Pacifico striped bass from Mexico, which earns 4-stars from Best Aquaculture Practices. When selecting striped bass, look for ethically-raised bass in marine pens (like Pacifico offers), or varieties farmed worldwide through indoor tanks with wastewater treatment.
- Avoid wild-caught striped bass and Patagonian toothfish (referred to as Chilean seabass) as the populations are depleted from overfishing.
- Need an alternative to striped bass? White seabass is a good alternative, as are most black seabass varieties.



Why Choosing Sustainably Harvested Striped Bass is Important

Some species of seabass, and Patagonian toothfish (known commercially as Chilean seabass), are depleted species, and some fishery techniques for seabass can be damaging to corals and result in bycatch of sea turtles and other vulnerable and protected species.