

Barton Seaver is a chef and conservationist<sup>1</sup> who wants our help to save the oceans. And others, such as farmed mussels and oysters, actually help to restore declining wild populations and clean up polluted waters. Some examples include farmed mussels, clams and oysters, anchovies, sardines, and herring. For example, some types of seafood, such as Alaskan salmon, come from well-managed fisheries. People should not eat the bigger fish of the sea, like tuna, orange roughy, shark, sturgeon, and swordfish. Otherwise, we will face severe shortages of these species and upset the balance of life in the oceans. I believe that we can save the oceans while continuing to enjoy seafood..