



Seafood Health Facts: Making Smart choices

Balancing the Benefits and Risks of Seafood Consumption

Resources for Healthcare Providers and Consumers

[Seafood Choices \[1\]](#)

This section of the Seafood Health Facts Website is designed to help consumers and healthcare professionals better understand the seafood supply in the U.S. Information is provided that describes what seafood products Americans consume, where those products come from, and how they are managed and regulated to ensure that they are safe and available for future use.

[Overview of the U.S. Seafood Supply \[2\]](#)

Information on how much seafood Americans consume with comparisons to meat, poultry and other foods. Included is a description of the most popular species of fish and shellfish consumed in the U.S., the predominant product forms consumed, and where those products come from.

[Description of Top Commercial Seafood Items \[3\]](#)

Detailed descriptions of the most frequently consumed seafood products in the U.S. and the domestic fisheries and/or import sources that supply them. Included are commodity descriptions for: Shrimp, Canned Tuna, Salmon, Pollock, Cod and Flatfish, Tilapia, Catfish and Pangasius, and shellfish like Crab, Lobster, Clams, Oysters, and Scallops.

[Overview of the Seafood Industry in the U.S. \[4\]](#)

This information provides a brief description of the how seafood products move through the marketplace and the various components of the seafood industry in the U.S. including commercial fishing, processing, wholesale distribution, and retail and food service.

Sidebar Image:





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Source URL: <https://www.seafoodhealthfacts.org/seafood-choices>

Links

[1] <https://www.seafoodhealthfacts.org/seafood-choices>

[2] <https://www.seafoodhealthfacts.org/seafood-choices/overview-us-seafood-supply>

[3] <https://www.seafoodhealthfacts.org/seafood-choices/description-top-commercial-seafood-items>

[4] <https://www.seafoodhealthfacts.org/seafood-choices/overview-seafood-industry>