



Sustainable Sushi: A Guide to Saving the Oceans One Bite at a Time

Casson Trenor

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Sustainable Sushi answers the question on the minds of millions who enjoy eating fish: how can we indulge the desire to dine well while keeping our health and the health of the oceans in mind? With painstaking research found in no other book on the market to date, this pocket-size guide profiles dozens of the most common fish and shellfish one might encounter at a sushi bar, details where and how they are caught, whether or not they are safe, and how they figure in the current fishery crisis.

Written by a fishery and sustainability expert who was himself netted long ago by the allure of Japanese cuisine, *Sustainable Sushi* offers simple, clear explanations of such topics as mercury and PCB levels, overfishing, and species extinction. Attractively designed and featuring quick facts, maps, photos, and illustrations, the book was written for both the novice and the seasoned sushi fan. In a storm of seafood shortages and frightening statistics, *Sustainable Sushi* shows readers how to enjoy the sushi bar without guilt.

Sustainable Sushi official website: <http://www.sustainablesushi.net/>



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