

Loving Your Tuna!

The skinny on Tuna is real simple; eat it in moderation and if you are going to eat it, you should be certain it is sustainable. Know how and where your Tuna is caught!

I love the Eco Safe Tuna website; they provide good information on industry, buying tuna and tuna fishing practices.

You can also find information at National Fisheries Institute, about mercury levels of Tuna.

Tuna

Sustainable Seafood

Pescetarian

Put Your Best Fish Forward

Fashionista



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