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What you can do to help tuna

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Talk about majesty of the seas. The bluefin is surely the king of tuna - an awesome powerhouse of muscle, speed, and endurance.

What to Look For

How the fish was caught: Troll- or pole-caught has the least impact on the surrounding environment and animals.

"Wild caught" has little meaning, since no canned tuna comes from farms or aquaculture.

Marine Stewardship Council: Logo indicates a certified sustainable seafood. In this case it is caught in American waters, and is the priciest of this group.

Product of: This refers to where the fish is processed, not caught. Some cans do not list a location.

Dolphin safe: Meaningless — U.S. law requires that all tuna sold here must be fished in a way that does not harm dolphins.



CYNTHIA GREER AND SANDY BALERS / Staff

Selection of tuna bought at Whole Foods.