



# Bottomfeeder: How to Eat Ethically in a World of Vanishing Seafood

*Taras Grescoe*

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"If you're a seafood lover, pick up this guide to which fish are the best for our bodies and which are best for the environment."? *San Francisco Chronicle*

Just when opting for omega-3-rich seafood is being recognized as one of the healthiest dietary choices a person can make, the news seems to be full of stories about mercury-laden tuna, shrimp contaminated with antibiotics, and diminishing fish stocks. Is it still even good for us? *Bottomfeeder* is the story of a seafood lover's round-the-world quest for a truly decent meal. A balanced and practical guide to eating?newly updated for the paperback edition?it explains which fish are best for the environment, the seas, and our bodies.

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