

Sai che pesci prendere ? ….. alcuni consigli

Gualtiero FAZIO







MOLLUSCHI BIVALVI



MOLLUSCHI GASTEROPODI





TUNICATI



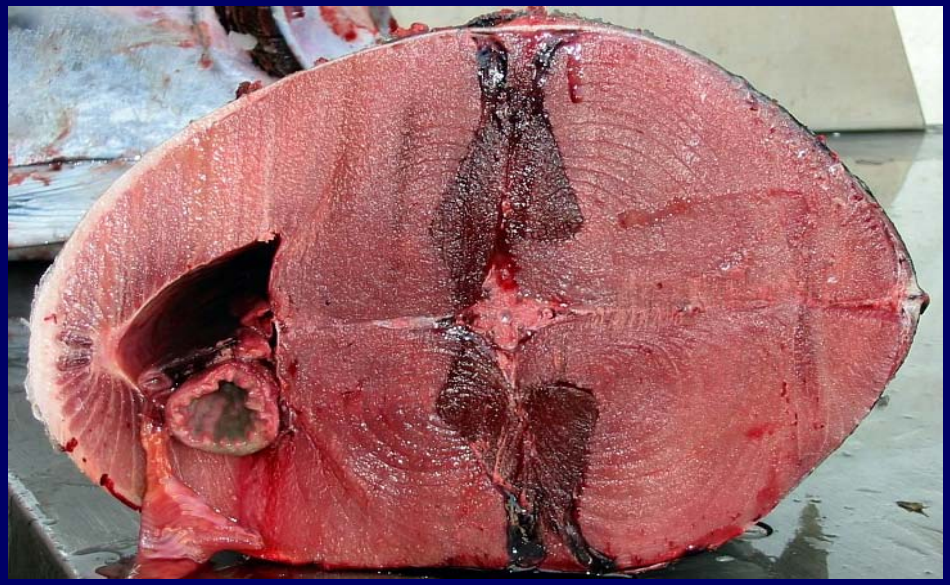
CEFALOPODI



CROSTACEI



PESCI











Pesce persico africano



Pangasio

Pesce persico africano

Origine:
Uganda
Tanzania

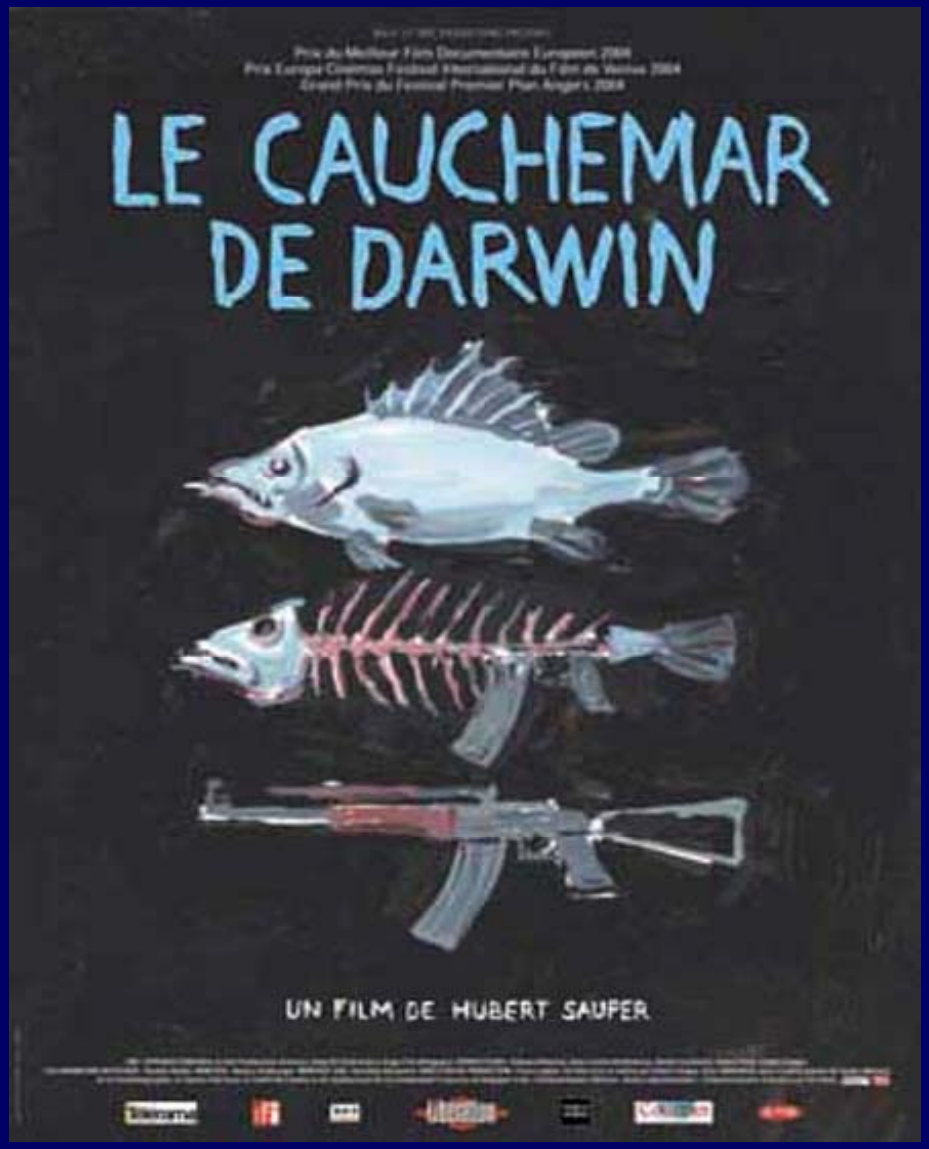












L’incubo di Darwin di Hubert Sauper

Pangasio

origine:
Fiume Mekong
Vietnam





Mangiamoli giusti relativamente a:

- specie
- tempi
- provenienze
- dimensioni (taglie)
- aspetti igienico-sanitari
- aspetti nutrizionali





Suro o Sugarello
(Trachurus mediterraneus)

Resilienza: bassa

TMR – 4,5 – 14 anni



Palamita
(Sarda sarda)

Resilienza: media

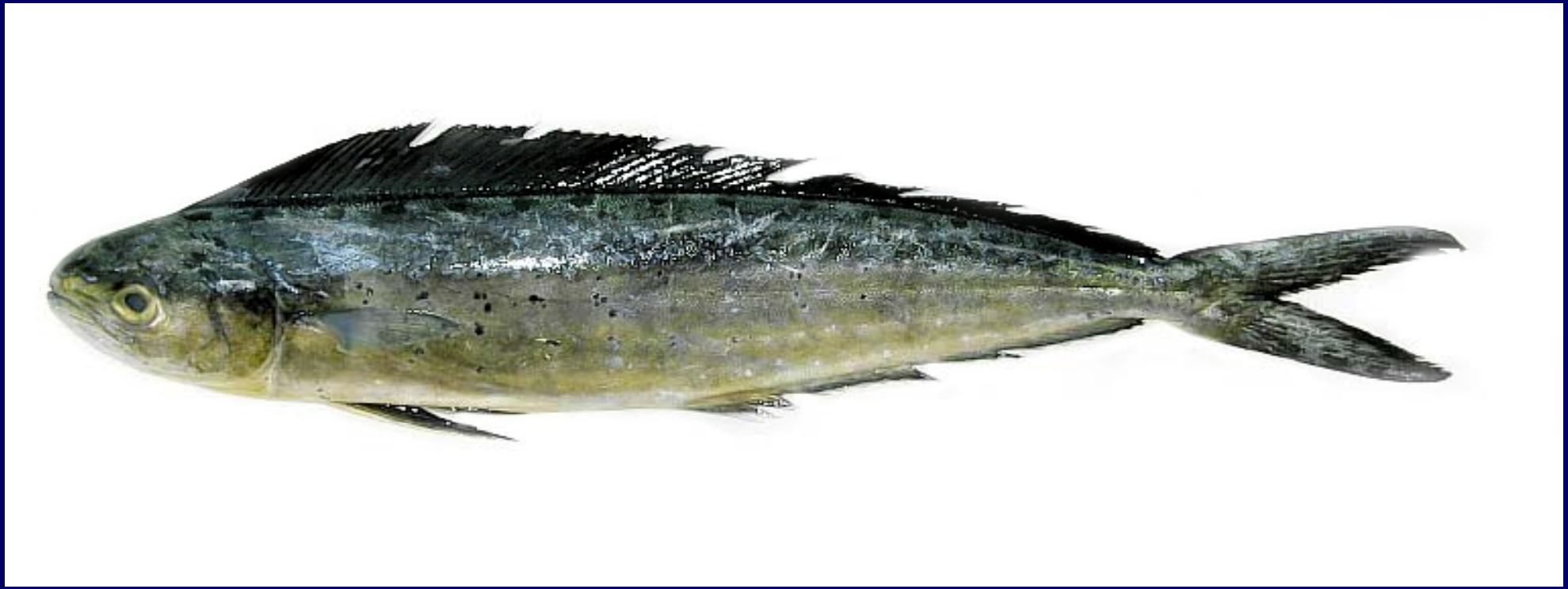
TMR – 1,4 – 4,4 anni



Biso o Tombarello
(Auxis rochei)

Resilienza: media

TMR – 1,4 – 4,4 anni



Lampuga o Corifena (Coriphaena hippurus)

Resilienza: alta

TMR – < di 15 mesi



Lanzardo o Sgombro occhione
(Scomber japonicus)

Resilienza: media

TMR – 1,4 – 4,4 anni



Zerro
(Centracanthus cirrus)

Resilienza: media

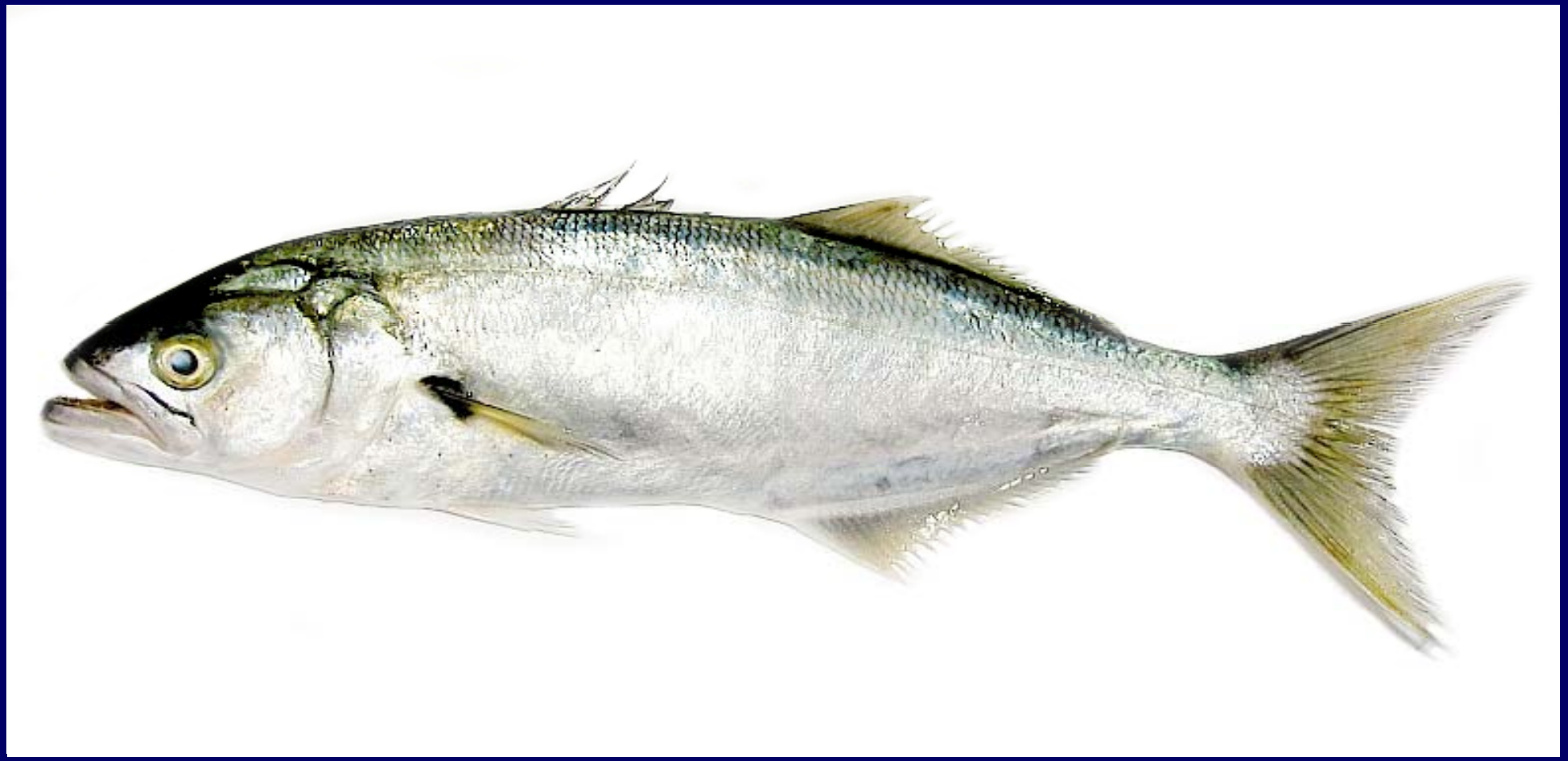
TMR – 1,4 – 4,4 anni



Menola (Spicara maena)

Resilienza: media

TMR – 1,4 – 4,4 anni



Pesce serra (Pomatomus saltator)

Resilienza: media

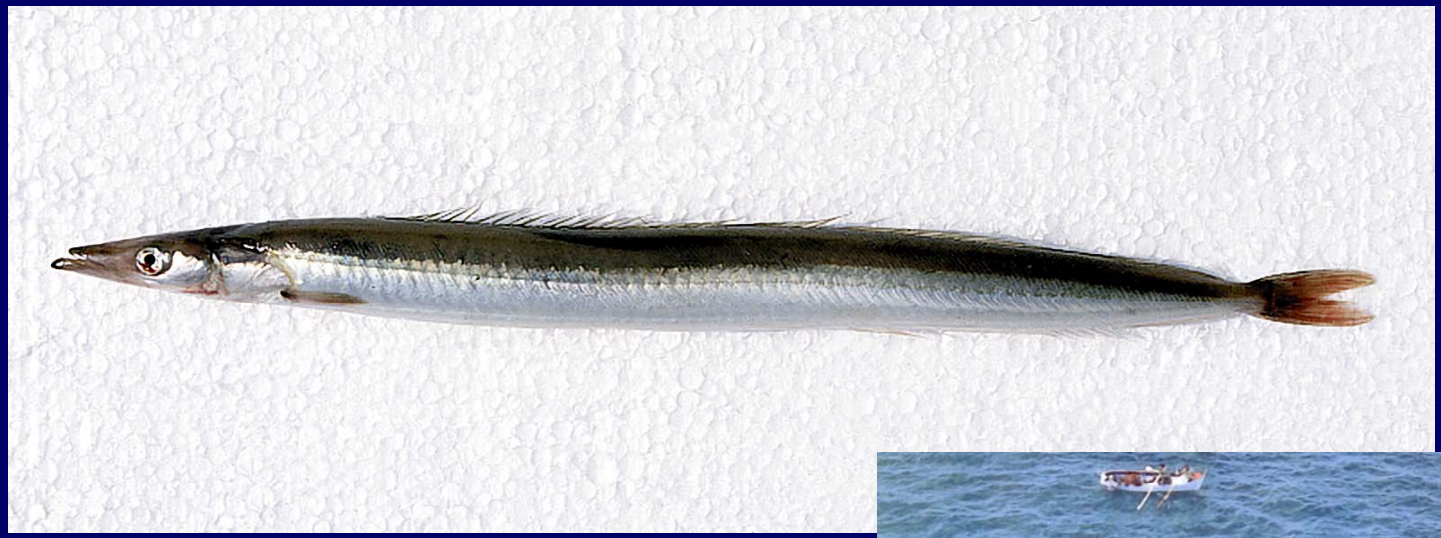
TMR – 1,4 – 4,4 anni



Aguglia (Belone belone)

Resilienza: media

TMR – 1,4 – 4,4 anni





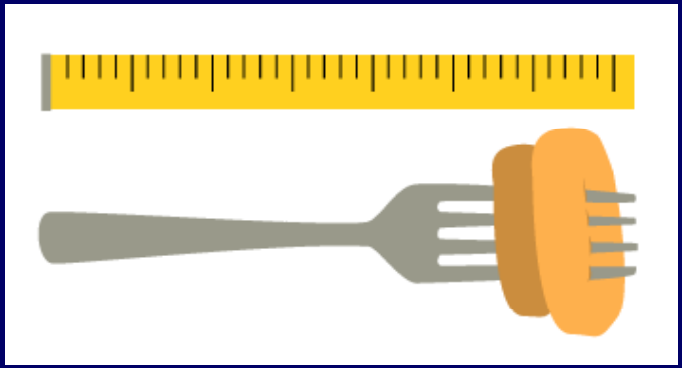
Cicerello (Gymnammodites cicerelus)

Resilienza: alta

TMR – < di 15 mesi

Le provenienze







Food miles

FARMERS WEEKLY – Local food is miles better

> *It's high time we were all made to consider where our food comes from. I completely support the campaign.*
>
> *Rick Stein - Celebrity TV chef*



- Home
- The Food Miles campaign
  - > Food Miles Facts
  - > Food Miles Survey Results
  - > Campaign Aims
  - > Find Out More About Food Miles
- Get involved with Food Miles
  - > Register And Sign Petition
  - > Endorsements
  - > Schools Competition
  - > Download Poster / Order Sticker
  - > Nominate Food Miles Hero
  - > Food Miles Forum
- Latest Food Miles News
- Back To FWi

> *Almost 50% of people are concerned that more than one-third of the food they eat is produced abroad and more than 50% of people would buy less imported food if they knew the distance it had travelled.*

Food Miles facts

Q: What is a food mile?

A: It's how far food travels from the farmer who produces it to the consumer who eats it. That includes the journey from farm to processor, then from processor to retailer and finally from retailer to consumer. It includes travel within the UK as well as between countries.

Q: Why is it important to reduce the number of miles food travels

A: There are lots of reasons, but these are the main ones:

(1) ***Food miles harm the environment.***
Transporting food large distances uses a lot of fuel, whether it travels by lorry or plane. That means more carbon dioxide emissions and more global warming.
Did you know? Since 1978 the amount of food moved about within the UK by HGV has increased by 23% and the average distance for each trip has jumped by 50%.

(2) ***Food miles reduce freshness***
The further food has to travel, the longer it spends in transit. That means vitamins are lost and nutritional values inevitably decline.
Did you know? Imports of indigenous foods rose from 13.5m tonnes in 1992 to 16.1m tonnes in 2002.

FW GROUP

Nome del pesce	Periodo dell’anno
Latterino	da settembre a marzo
Spigola o Branzino	da aprile a dicembre
Dentice	da aprile a febbraio
Orata	da tarda primavera a fine estate
Pagro	da settembre a febbraio
Pagello fragolino	da ottobre a marzo
Pagello (Pagellus acarne)	da ottobre a marzo
Pagello (Pagellus bogaraveo)	da giugno a novembre
Mormora	da luglio a marzo
Sarago (Diplodus sargus)	da luglio a febbraio
Sarago (Diplodus vulgaris)	da dicembre ad agosto
Boga	da settembre a febbraio

Simple Search - Windows Internet Explorer

http://www.fishonline.org/search/simple/?fish_id=4

File Modifica Visualizza Preferiti Strumenti ?

Simple Search

FISHONLINE simple search

Search | Information | Lists | Get Involved | Farmed | Caught at Sea | Buying & Eating | (go to advanced search)

MCS

Please type in a fish name here > Anchovy Search

Common Name: Anchovy

Scientific Name: *Engraulis encrasicolus*

Method of Production: Caught at Sea



Sea Fish Industry Authority

Rating 1 2 3 4 5

Anchovy
Engraulis encrasicolus

BIOLOGY

Anchovy is the only European member of the Engraulidae family. A relative of the herring, it is a small, short-lived, schooling fish feeding on plankton. In summer it moves inshore to spawn between June and August in the southern North Sea and the Channel, and April to September in the Mediterranean. In winter it moves into deeper waters. Anchovy can attain a length of 20cm. Anchovies are prey for other fish and marine mammals.

ADVICE

Anchovy is a small plankton feeding fish at the base of the food-chain. Anchovy stocks in Bay of Biscay are at an all time low and the fishery closed. The state of the stock off the Portuguese coast is unknown and possibly overfished. Eat with caution.

produced by juniperblue

Fine

Internet 100%

Non acquistiamo specie sotto taglia minima oppure specie vietate





Non acquistiamo specie sotto taglia minima oppure specie vietate




LUNGHEZZE MINIME PERMESSE
PER LA VENDITA DEL PESCE
DELLE SEGUENTI QUALITÀ
CENT.
BARBON. TRIA. SARDELLA. SARDON 7
BRANZIN. ORADA. DENTAL. CORBO
SPARO. BOTOLO. BOSEGHETA. SOASO
LOTREGAN. MECIATO. VERZELATA 12
LOVO. SFOGIO. PASSARIN. ROMBO
BISATO. 25
OSTREGA. 5
PEOCIO. 3

Bianchetto
(Sardina pilchardus)





Rossetto
(Aphia minuta)

ALCUNI CONSIGLI



Leggiamo attentamente le etichette

SI

SCAMPO
pescato
Mar Mediterraneo





MISTO PER FRITTURA
Mar Mediterraneo

NO

NO

MOSCARDINO
nostrano



Etichettatura dei prodotti della pesca

movimento difesa del cittadino
associazione di consumatori e utenti

La situazione nelle regioni

REGIONE	BANCHI IN REGOLA	BANCHI NON IN REGOLA
Sicilia	0	100
Puglia	44,4	55,6
Marche	66,7	33,3
Lombardia	10	90
Liguria	100	0
Lazio	22,9	77,1

COSA SI CONSIDERA IN UN PESCE PER VEDERE SE E' FRESCO ?

ASPETTO

BRANCHIE

OCCHIO

PELLE

CARNE

ODORE











ALCUNI CONSIGLI

Facciamoci consigliare dal nostro pescivendolo di fiducia



ALCUNI CONSIGLI

Evitiamo di consumare prodotti crudi



ALCUNI CONSIGLI



Acquistiamo frutti di mare che siano contenuti in sacchetti e con l’etichetta

AZIENDA SANITARIA LOCALE N. 2 SAVONESE

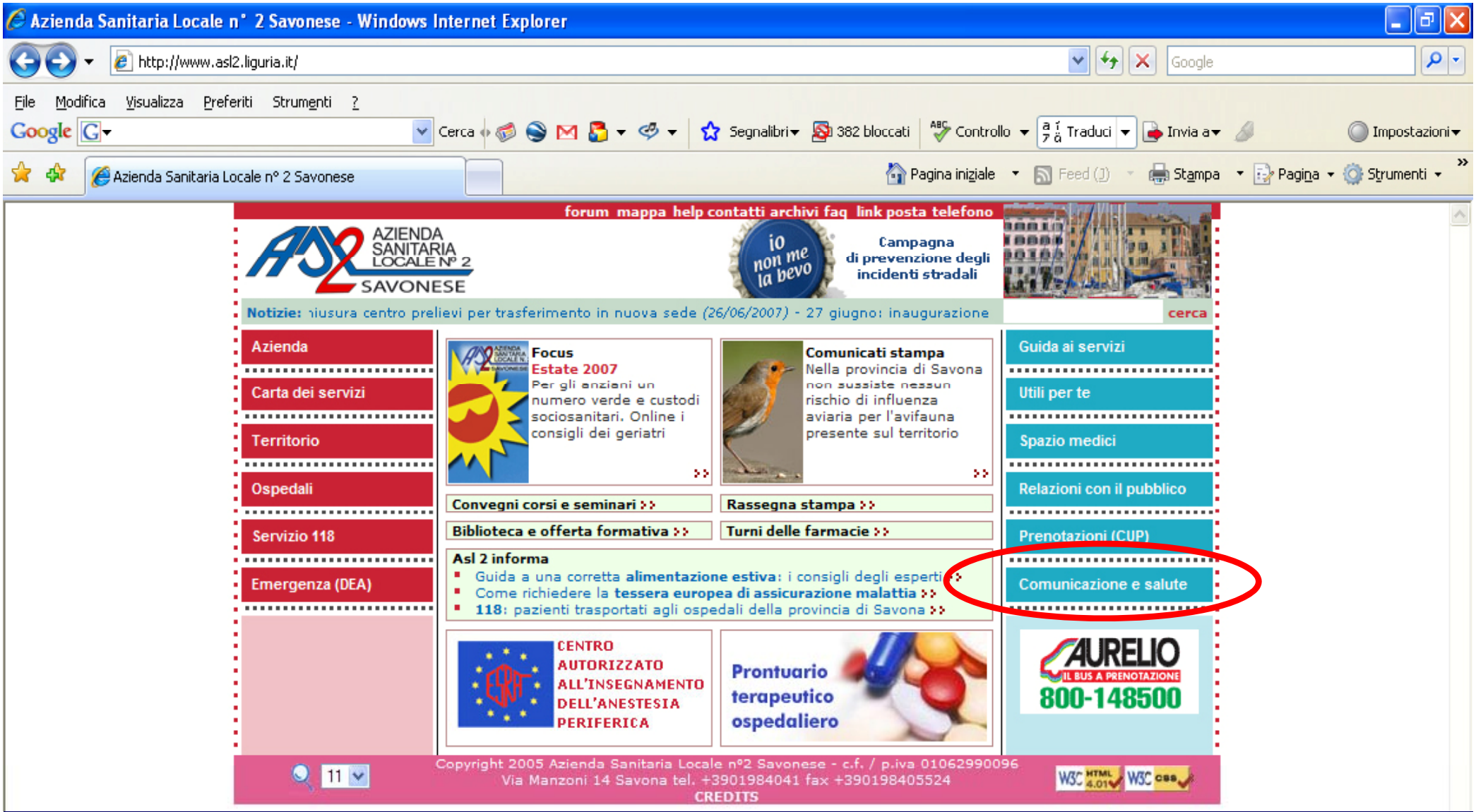
DIPARTIMENTO DI PREVENZIONE

U.O. Igiene Alimenti Origine Animale

Un amico di nome pesce



By F. Sanguineti



www.asl2.liguria.it

Grazie per l'attenzione …

… e cibi sicuri per tutti

