

P O C K E T

SEAFOOD SELECTOR



Fish choices that are good
for you and the ocean

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ENVIRONMENTAL DEFENSE FUND

finding the ways that work

BEST CHOICES

- Abalone (farmed)
- Barramundi (U.S.)
- Catfish (U.S.)
- Caviar/sturgeon (farmed)
- Char, Arctic (farmed)
- Clams (farmed)
- Clams, softshell
- Cod, Pacific (bottom longline)
- Crab, Dungeness
- Crab, stone
- Crawfish (U.S.)
- Halibut, Pacific
- Lobster, spiny (Australia, Baja, U.S.)
- Mackerel, Atlantic
- Mahimahi (U.S. pole/troll)
- Mullet (U.S.)
- Mussels (farmed)
- Oysters (farmed)
- Pollock, Alaska
- Sablefish/black cod (Alaska, Canada)
- Salmon (Alaska wild)
- Salmon, canned pink/sockeye
- Sardines (U.S.)

BEST CHOICES

Scallops, bay (farmed)

Shrimp, pink (Oregon)

Shrimp (U.S. farmed)

Spot prawn (Canada)

Squid, longfin (U.S.)

Striped bass (farmed)

Tilapia (U.S.)

● Trout, rainbow (farmed)

● Tuna, albacore (Canada, U.S.)

Tuna, skipjack (pole/troll)

Tuna, yellowfin (U.S. pole/troll)

Wreckfish

● Indicates fish high in heart-healthy omega-3s **and** low in contaminants.

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OK CHOICES

Basa/swai/tra/Vietnamese catfish

Clams (wild)

Cod, Pacific (trawl)

● Crab, blue

Crab, king (U.S.)

Crab, snow/tanner

Flounder/sole (Pacific)

Haddock (hook-and-line)

Herring, Atlantic

Lobster, American/Maine

Mahimahi (U.S. longline)

● Oysters (wild)

Sablefish/black cod (CA, OR, WA)

● Salmon (Washington wild)

Scallops, sea (Canada, U.S.)

Shrimp (U.S. wild)

Shrimp, northern (Canada, U.S.)

Squid (except U.S. longfin)

● Swordfish (U.S.)

Tilapia (Latin America)

Tuna, yellowfin (U.S. longline)

Tuna, canned light

● Tuna, canned white/albacore

WORST CHOICES

- Caviar/sturgeon (imported wild)
- Chilean seabass
- Cod, Atlantic
- Crab, king (imported)
- Crawfish (China)
- Flounder/sole (Atlantic)
- Grouper
- Haddock (trawl)
- Halibut, Atlantic
- Mahimahi (imported longline)
- Monkfish
- Orange roughy
- Rockfish (Pacific trawl)
- Salmon, farmed or Atlantic
- Shark
- Shrimp/prawns (imported)
- Skate
- Snapper, red or imported
- Swordfish (imported)
- Tilapia (Asia)
- Tuna, bigeye (longline)
- Tuna, yellowfin (imported longline)
- Tuna, bluefin
- Indicates fish high in mercury or PCBs.

The same kind of fish may appear on more than one list of choices, depending on where it comes from, whether it was caught or farmed, and the type of fishing gear used. To learn more about choosing ocean-friendly fish, visit

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www.seafoodwatch.org

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