

Why do your seafood choices matter?

Not all seafood is created equal. Many popular seafood items are fished or farmed in environmentally destructive ways. Because these practices vary by species and location, knowing this information makes a big difference and can guide your decisions when it comes to ordering fish. By using your purchasing power to buy fish caught or farmed using eco-friendly practices, you are supporting healthy, abundant choices.

Seafood can be Eco-Best, Eco-OK or Eco-Worst depending on where it came from and how it was caught or farmed. Our guide helps you make the best environmental choices for the oceans.

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You can make a difference.

When you're at the fish counter or restaurant, knowing what questions to ask is key. Your server or fishmonger may not have all the answers, but the more you ask, the more they will recognize the need to provide better information to their customers. Here are some easy questions to get you started:

- Is this fish wild-caught or farm-raised?
- What country or area is it from?
- If it is farmed, how was it grown?
- If it is wild, how was it caught?

This will not only help you follow the recommendations on the other side of this card, it also send a powerful conservation message that you'd like to see more sustainable seafood choices in the case or on the menu. And finally, please spread the word to friends and family. The more people who ask for and buy ocean-friendly fish, the better.

For more information online or from your mobile phone, visit: seafood.edf.org



SEAFOOD SELECTOR

Fish choices that are good for you AND the ocean

seafood.edf.org



BEST Choices

WORST Choices

EDF Choices



Alaska halibut



Alaska salmon



Albacore tuna
(U.S., Canada)



Atlantic salmon
(farmed)



Bluefin tuna



Caviar
(imported)



Chesapeake blue crab



Grouper
(Gulf of Mexico)



Haddock
(New England)



Arctic char



Atlantic mackerel



Clams, mussels, oysters, scallops
(farmed)



Grouper
(imported)



Mahimahi
(imported)



Marlin



Hake
(New England)



Pacific rockfish



Pacific sole



Oregon shrimp



Pacific sardines



Snow, stone, or Dungeness crab
(U.S.)



Orange roughy



Shrimp
(imported)



Snapper
(imported)



Pollock
(New England)



Red snapper
(Gulf of Mexico)



Redfish
(New England)



Trout
(farmed, U.S.)

Best Choices come from healthy, well managed populations. Fishing or farming methods cause little harm to the environment.



Swordfish
(imported)

Worst Choices are overfished or caught or farmed in ways that do considerable harm to the environment.



Sablefish/Black cod

EDF Choices reflect fisheries in which EDF has a direct stake. We partner with these fishermen to improve management and restore our oceans.