Your sushi choices matter!

Not all seafood is created equal. Unfortunately, many popular sushi fish species are overfished, depleted, and caught using ecologically destructive practices. The Sushi Selector helps you make a difference. By using the Sushi Selector, you are supporting healthy, abundant oceans.

How does this work?

Sushi can be an Eco-Best, Eco-OK, or Eco-Worst. The recommendations in this guide are based on research conducted by Monterey Bay Aquarium’s Seafood Watch program. The Sushi Selector analyzes the species, its origin, and how it was caught or farmed. The eco-recommendations in this guide are based on research conducted by Monterey Bay Aquarium Seafood Watch.

1. Cut along dotted line.
2. Fold in half along A, keeping printed side of paper on outside.
3. Fold in half along B, keeping fish list on inside.
4. Fold in half along C, keeping Sushi Selector panel in front.

For more information, visit EDF.org/sushi

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A note about sushi names

Fish are listed by their most common English names. Unfortunately many popular sushi names, then by their most common English names. Japanese names often shed or farmed in environmentally destructive ways. Because these practices vary by species and location, knowing this information can make a big difference when it comes to ordering sushi. By using your phone’s camera, you can scan the fish to get all the details.

More details at EDF.org/sushi