

POCKET
**SEAFOOD
SELECTOR**



Fish choices that are good
for you and the ocean

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ENVIRONMENTAL DEFENSE
finding the ways that work

BEST CHOICES

- Abalone (farmed)
- Anchovies
- Barramundi (U.S.)
- Catfish (U.S.)
- Caviar (farmed)
- Char, Arctic (farmed)
- Clams (farmed)
- Clams, softshell
- Cod, Pacific (bottom longline)
- Crab, Dungeness
- Crab, stone
- Crawfish (U.S.)
- Halibut, Pacific
- Lobster, spiny (U.S., Australia, Baja)
- Mackerel, Atlantic
- Mahimahi (U.S. troll/pole)
- Mullet (U.S.)
- Mussels (farmed)
- Oysters (farmed)
- Pollock (Alaska)
- Sablefish/black cod (Alaska, Canada)
- Salmon, wild (Alaska)
- Salmon, canned pink/sockeye
- Sardines
- Scallops, bay (farmed)
- Shrimp, pink (Oregon)
- Shrimp (U.S. farmed)
- Squid, longfin (U.S.)
- Striped bass (farmed)
- Sturgeon (farmed)
- Tilapia (U.S.)
- Trout, rainbow (farmed)
- Tuna, albacore (U.S., Canada)
- Tuna, yellowfin (U.S. troll/pole)
- Wreckfish

● Indicates fish high in omega-3 fatty acids **and** low in environmental contaminants.

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WORST CHOICES

- Caviar (imported wild)
- Chilean seabass
- Cod, Atlantic
- Crab, king (imported)
- Crab, king (China)
- 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/yellowfin (longline)
- Tuna, bluefin
- Indicates fish high in mercury or PCBs.

OK CHOICES

- Basa/tra/Vietnamese catfish
- Clams (wild)
- Cod, Pacific (trawl)
- Crab, blue
- Crab, king (U.S.)
- Crab, snow/tanner
- Founder/sole (Pacific)
- Haddock (hook-and-line)
- Lobster, American/Maine
- Mahimahi (U.S. longline or imported troll/pole)
- Oysters (wild)
- Sablefish/black cod (CA, OR, WA)
- Salmon, wild (CA, OR, WA)
- Scallops, sea (New England, Canada)
- Shrimp (U.S. wild)
- Shrimp, northern (U.S., Canada)
- Squid (except U.S. longfin)
- Swordfish (U.S.)
- Tilapia (Latin America)
- Tuna, bigeye/yellowfin (imported troll/pole)
- Tuna, canned light
- Tuna, white/albacore

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Finding the ways that work

This guide is produced in collaboration with the Monterey Bay Aquarium.

www.seafoodwatch.org

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DIRECTIONS FOR FOLDING

1. Cut out the card.
2. Fold the card in half horizontally.
3. With the front cover side ("Pocket Seafood Selector") facing up, fold accordion-style (like a "Z") into three panels.
4. Carry this guide with you and use it to buy seafood that is good for you and the oceans.