

**Your seafood choices matter!**

Not all seafood is created equal. Unfortunately 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 oceans.

**How does this card work?**

Seafood can be an 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. We've also used green hearts and red triangles to indicate the fish that offer the greatest health benefits (e.g. high in omega-3s) or risks (e.g. high in mercury or PCBs), respectively.

**Finding eco-friendly fish**

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 sends a powerful conservation message that you'd like to see more sustainable seafood choices in the case or on the menu. And finally, don't be afraid to spread the word to friends and family. The more people who ask for and buy ocean-friendly fish, the better!

For more information, visit:  
**EDF.org/seafood**

From your mobile phone:  
**m.EDF.org/seafood**



The eco-recommendations in this guide are based on research conducted by Monterey Bay Aquarium Seafood Watch® scientists (seafoodwatch.org)

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**SEAFOOD SELECTOR**

Fish choices that are good for you and the ocean



FISH	ECO-BEST	ECO-OK	ECO-WORST
Arctic char	Farmed♥		
Catfish	U.S.	Basa/swai/tra	
Caviar/sturgeon		U.S. farmed	Imported <u>or</u> wild
Chilean seabass			All▲
Clams	Farmed	Wild	
Cod	Pacific (Alaska longline)	Pacific (U.S. trawl)	Atlantic (all), Pacific (imported)
Crab	Dungeness, Stone	Blue▲, King (U.S.), Snow	King (imported)
Crawfish	U.S.		Imported
Flounder/Sole		Pacific	Atlantic
Grouper			All▲
Haddock		Hook and line	Trawl
Halibut	Pacific		Atlantic
Herring		Atlantic♥	
Lobster	Spiny (U.S.)	American/Maine, Spiny (Bahamas)	Spiny (Brazil)
Mahimahi	U.S. Atlantic (pole/troll)	U.S. (other), Imported (pole/troll)	Imported (longline)
Monkfish			All
Mussels	Farmed		
Orange roughy			All▲
Oysters	Farmed♥	Wild♥	
Pollock		Alaska (wild)	
Rockfish		Pacific (hook and line)▲	Pacific (trawl)▲
Sablefish/Black cod	Alaska, Canada♥	California, Oregon, Washington♥	
Salmon	Alaska (wild)♥, Canned (sockeye, pink)♥	Washington (wild)▲	Atlantic <u>or</u> farmed▲
Sardines	U.S.♥		
Scallops	Bay (farmed)	Sea (wild)	
Shark			All▲
Shrimp	Pink (Oregon)♥, Spot prawns (Canada)♥	U.S. or Canada♥	Imported
Skate			All
Snapper		Gray, Lane▲, Mutton▲, Yellowtail (U.S.)	Red, Imported, Vermillion
Squid	Longfin (U.S.)	All other	
Striped Bass	Farmed		
Swordfish		U.S.▲	Imported▲
Tilapia	U.S.	Latin America	Asia
Trout	Rainbow (farmed)♥		
Tuna, Albacore	Canada, U.S.♥	Canned white▲	Imported (longline)▲
Tuna, Bigeye/Yellowfin	U.S. (pole/troll)	Imported (poll/troll) <u>or</u> U.S. (longline)▲	Imported (longline)▲
Tuna, Bluefin			All▲
Tuna, Skipjack	Pole/troll	Canned light	

♥ A good source of heart-healthy omega-3s and low in contaminants  
▲ Limit consumption due to elevated mercury or PCB levels

More details at **EDF.org/seafood**

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 Seafood Selector panel in front.