

POCKET

# 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)
- 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.

[www.edf.org/seafood](http://www.edf.org/seafood)

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## WORST CHOICES

- Caviar (imported wild)
- Chilean seabass
- Cod, Atlantic
- Crab, king (imported)
- Crab, king (China)
- Crawfish (U.S.)
- Founder/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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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 [www.edf.org/seafood](http://www.edf.org/seafood)

This guide is produced in collaboration with the Monterey Bay Aquarium. [www.seafoodwatch.org](http://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.

- To use your pocket guide:
1. Cut along outer black line
  2. Fold on grey lines

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Arctic Char (farmed)            Barramundi (US farmed)            Catfish (US farmed)            Clams, Mussels, Oysters (farmed)            Clams: Softshell/Steamers (wild)            Crab: Dungeness            Croaker: Atlantic*            Halibut: Pacific+            Lobster: Spiny (US)            Pollock (Alaska wild)+            Salmon (Alaska wild)+            Scallops: Bay (farmed)            Squid: Longfin (US)            Striped Bass (farmed or wild*)            Sturgeon, Caviar (farmed)            Swordfish (Canada, US harpoon, handline)*            Tilapia (US farmed)            Trout: Rainbow (farmed)            Tuna: Albacore (US+, British Columbia troll/pole)            Tuna: Skipjack (troll/pole)</p>	<p>Basa, Swai (farmed)            Black Sea Bass            Bluefish*            Clams: Atlantic Surf, Hard, Ocean Quahog (wild)            Crab: Blue*, Jonah, King (US), Snow Haddock (hook &amp; line)            Hake: Silver, Red and Offshore            Herring: Atlantic/Sardines            Lobster: American/Maine            Mahi mahi/Dolphinfish (US)            Oysters (wild)*            Scallops: Sea            Scup/Porgy            Shrimp: Northern            Shrimp (US farmed or wild)            Squid            Swordfish (US longline)*            Tilefish (Mid-Atlantic)            Tuna: Bigeye, Yellowfin (troll/pole)            Tuna: canned light, canned white/Albacore*</p>	<p>Chilean Seabass/Toothfish*            Cod: Atlantic            Crab: King (imported)            Dogfish (Atlantic)*            Flounders, Soles (Atlantic)            Haddock (trawled)            Hake: White            Halibut: Atlantic            Mahi mahi/Dolphinfish (imported)            Marlin: Blue*, Striped*            Monkfish            Orange Roughy*            Salmon (farmed, including Atlantic)*            Sharks* and Skates            Shrimp (imported farmed or wild)            Snapper: Red            Sturgeon*, Caviar (imported wild)            Swordfish (imported)*            Tilefish (Southeast)*            Tuna: Albacore, Bigeye, Yellowfin (longline)*            Tuna: Bluefin*</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> are an option, but there are concerns with how they're caught or farmed – or with the health of their habitat due to other human impacts.</p> <p><b>Avoid</b> for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b>            Mid-Atlantic = North Carolina to New York            Southeast = Texas to South Carolina            *Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafood">www.edf.org/seafood</a>            + Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit <a href="http://www.msc.org">www.msc.org</a></p> <p>Seafood may appear in more than one column</p>
 <p>MONTEREY BAY AQUARIUM  <b>Seafood WATCH</b>            AMERICAN LOBSTER  <b>Sustainable Seafood Guide Northeast 2008</b></p>	<p>Learn more</p> <ul style="list-style-type: none"> <li>• More detailed information about these recommendations for seafood</li> <li>• Recommendations for seafood not on this list</li> <li>• The latest version of this and other regional guides</li> <li>• Information on seafood and your health and much more...</li> </ul> <p>Visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a> for:</p> <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2008. All rights reserved. Printed on recycled paper.</p>	<p>Make Choices for Healthy Oceans</p> <p>You Have the Power</p> <p>Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.</p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>	<p>How to use this guide</p> <p>The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Please read all columns and be sure to check labels or ask questions when shopping or eating out.</p> <ul style="list-style-type: none"> <li>• Where is the seafood from?</li> <li>• Is it farmed or wild-caught?</li> <li>• How was it caught?</li> </ul> <p>If you're not sure, choose something else from the green or yellow columns.</p> <p>This Seafood Guide was last updated in April 2008.</p>