

Give one to a friend ↘

Cut Along Dotted Rule ✂

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ENVIRONMENTAL DEFENSE
finding the ways that work

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finding the ways that work

Pocket Seafood Selector

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To make environmentally sound seafood choices, know your source. (Names in parentheses are commonly used to market the fish.) For more information on choosing seafood wisely, please visit: www.environmentaldefense.org/sustainablefishing

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Fold ▶

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▼ BEST FISH

▼ WORST FISH

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Anchovies
Caviar -- farmed sturgeon and paddlefish eggs from the U.S
Catfish -- channel
Clams -- geoducks
Crab -- dungeness, stone
Crawfish
Halibut -- from Alaska
Herring -- Atlantic
Hoki (New Zealand cod)
Mackerel -- Spanish, Atlantic
Mahimahi (dolphinfish)
Mussels -- Mediterranean, New Zealand green, farmed blue*
Oysters -- Pacific, edible (European), farmed Eastern*
Salmon -- wild from Alaska: chinook, chum, coho, pink, sockeye
Sardines
Shrimp/prawns -- Trap-caught spot and Northern shrimp, Northern shrimp from Newfoundland
Striped bass (rockfish from the Atlantic) -- farmed and wild
Tilapia

Caviar -- wild, imported
Clams -- ocean quahogs
Cod -- Atlantic
Grouper
Halibut -- Atlantic
Monkfish and Goosefish
Orange roughy
Rockfish (Pacific red snapper) -- bocaccio, canary, widow, yelloweye
Salmon -- farmed and wild Atlantic, farmed Pacific
Scallops -- Atlantic calico
Shark
Shrimp/prawns -- farmed and most wild
Skate
Snapper
Swordfish
Toothfish (Chilean sea bass)
Tuna -- bluefin

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*Try to find shellfish from farms that use racks, nets or lines suspended in the water. Shellfish raised on bay bottoms are often harvested by dredging, which damages bottom habitat

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