

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

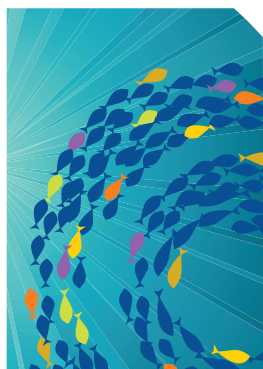


The eco-recommendations in this guide are based on research conducted by Monterey Bay Aquarium Seafood Watch® scientists (seafoodwatch.org).

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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
Clams	Farmed	Wild	
Cod	Pacific (Alaska longline)	Atlantic (non trawl), Pacific (U.S. trawl)	Atlantic (trawl), Pacific (imported)
Crab	Dungeness, Stone	Blue▲, King (U.S.), Snow	King (imported)
Crawfish	U.S.		Imported
Flounder/Sole		Pacific, Summer▲	Atlantic (all other)
Grouper		Black <u>and</u> Red (U.S. Gulf of Mexico)▲	All other▲
Haddock	Hook and line	All other	
Halibut	Pacific	Greenland turbot	Atlantic
Lobster	Spiny (U.S.)	American/Maine, Spiny (Bahamas)	Spiny (Brazil)
Mackerel, Atlantic	Canada♥	U.S.♥	
Mahimahi	U.S. Atlantic (pole/troll)	U.S. (other), Imported (pole/troll)	Imported (longline)
Orange roughy			All▲
Oysters	Farmed♥	Wild♥	
Pollock		U.S. (wild)	
Rockfish		Pacific (hook and line)	Pacific (trawl)
Sablefish/Black cod	Alaska♥, Canada♥	California♥, Oregon♥, Washington♥	
Salmon	Alaska (wild)♥, Canned (sockeye, pink)♥	California, Oregon, Washington (wild)▲	Atlantic▲ <u>or</u> farmed▲
Sardines	U.S.♥		Mediterranean
Scallops	Farmed (off-bottom)	Farmed (on-bottom), Sea	
Seabass	White (Pacific)		Chilean▲
Shark			All▲
Shrimp	Pink (Oregon), Spot prawns (Canada)	U.S. or Canada (all other)	Imported
Snapper		Gray, Lane▲, Mutton▲, Yellowtail (U.S.)	Red, Imported, Vermilion
Squid	Longfin (U.S.)	All other	
Swordfish		U.S.▲	Imported▲
Tilapia	U.S.	Central and South America	Asia
Trout	Rainbow (farmed)♥		
Tuna, Albacore	Canada <u>or</u> U.S. (pole/troll)♥	Hawaii (longline)▲	Imported longline▲, Canned white▲
Tuna, Bigeye/Yellowfin	U.S. Atlantic (pole/troll)	Imported (pole/troll) <u>or</u> U.S. (longline)▲	Imported (longline)▲
Tuna, Bluefin			All▲
Tuna, Skipjack	Pole/troll	U.S. (longline)	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.