

Sustainable Seafood Shopping Guide

The fish listed below as "eco-choices" have been named as eco-friendly options by Environmental Defense's Oceans Alive and Monterey Bay Aquarium's Seafood Watch.

Fish to Choose

ECO-CHOICES, RICH IN OMEGA-3S

- Anchovies
- Crab (Dungeness, stone or snow)
- Halibut (Alaskan)
- Herring (Atlantic)
- Mackerel (except king)
- Oysters (farmed Eastern, European, Pacific)
- Rainbow trout (farmed)
- Salmon (wild from Alaska)
- Sardines
- Shrimp (brown, white, pink, northern)
- Sturgeon (farmed)
- Striped bass (farmed)
- Tuna (canned, light)

ADDITIONAL ECO-CHOICES

- Abalone (U.S. farmed)
- Arctic char (U.S and Canadian farmed)
- Catfish (U.S. farmed)
- Caviar (U.S. farmed paddlefish and sturgeon eggs)
- Clams (butter, Pacific geoduck, Pacific littlenecks, Manila, northern quahog)
- Cod (Pacific, trap and line caught)
- Crawfish
- Mahi-mahi (U.S. Atlantic)
- Mussels (farmed blue, New Zealand green)
- Pollock (Alaskan)
- Sablefish, black cod (Alaskan)
- Scallops (farmed bay)
- Spot prawn
- Tilapia (farmed)

Resources

Environmental Defense's Oceans Alive

www.oceansalive.org

Monterey Bay Aquarium's Seafood Watch

www.seafoodwatch.org

Center for Food Nutrition and Agriculture Policy

www.realmercuryfacts.org

Environmental Working Group

www.ewg.org/reports/BrainFood/pr.html

Fish to Avoid

FISH HIGHEST IN MERCURY

- Shark
- Swordfish
- King mackerel
- Tilefish

OTHER SPECIES HIGH IN MERCURY

The Environmental Working Group has identified these fish as additional species that pregnant and nursing women should not eat.

- Halibut (Atlantic)
- Largemouth bass
- Marlin
- Oysters (Gulf Coast)
- Sea bass
- Tuna (steaks, albacore)
- Pike
- Walleye
- White croaker

NOT ECO-FRIENDLY

- Caviar (wild).Overharvested
- Chilean sea bass; Patagonian toothfish——Overharvested
- Cod (Atlantic).Overharvested
- Crab (blue and king crab, imported).Toxic pollutants
- Flounder and soles (Atlantic).Toxic pollutants, overharvested, fishing methods
- Grouper.Overharvested
- Halibut (Atlantic).Overharvested
- Marlin.Overharvested
- Monkfish.Overharvested, fishing methods
- Orange roughy.Overharvested
- Salmon (Atlantic, farmed).Damaging farming methods, toxic pollutants
- Shark.Overharvested
- Shrimp (imported).Damaging farming methods
- Skate.Overharvested
- Sturgeon (wild).Overharvested
- Snapper.Overharvested, fishing methods
- Swordfish.Overharvested, fishing methods
- Tilefish.Overharvested
- Tuna (bigeye, bluefin, skipjack, yellowfin) ... Overharvested