

POCKET

SEAFOOD SELECTOR



Fish choices that are good for you and the ocean

e

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

Cover image: "Endangered Ocean"
©2008 www.marianosher.com

OK CHOICES

- Basa/tra/Vietnamese catfish
- Clams (wild)
- Clams, Pacific (trawl)
- Crab, blue
- Crab, king (U.S.)
- Crab, snow/tanner
- 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

ENVIRONMENTAL DEFENSE FUND

e

www.edf.org/seafood

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

This guide is produced in collaboration with the Monterey Bay Aquarium. www.seafoodwatch.org

©March 2008 Environmental Defense Fund
Printed on paper that is 80% recycled (40% post-consumer), processed chlorine-free.

WORST CHOICES

- Caviar (imported wild)
- Chilean seabass
- Cod, Atlantic
- Crab, king (imported)
- Crab, China
- 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.

ENVIRONMENTAL DEFENSE FUND

e

www.edf.org/seafood

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

This guide is produced in collaboration with the Monterey Bay Aquarium. www.seafoodwatch.org

©March 2008 Environmental Defense Fund
Printed on paper that is 80% recycled (40% post-consumer), processed chlorine-free.

- 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.