

Here's a guide for buying seafood without depleting the fisheries, prepared by Monterey Bay Aquarium. Don't forget: farmed fish have less Omega-3 oils in them because these oils are secreted in part to keep the fish's blood from freezing in the briny deep! And don't forget anchovies, which you eat with the bones, making them even healthier for you. -- George

National Sustainable Seafood Guide- July 2009

Best Choices: *abundant, environmentally friendly.*

Arctic Char (farmed)
Barramundi (US farmed)
Catfish (US farmed)
Clams (farmed)
Cod: Pacific (Alaska longline) +
Crab: Dungeness, Stone
Halibut: Pacific +
Lobster: Spiny (US)
Mussels (farmed)
Oysters (farmed)
Pollock (Alaskan wild) +
Salmon (Alaskan wild) +
Scallops: Bay (farmed)
Striped Bass (farmed or wild*)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (troll/pole, US + or British Columbia)
Tuna: Skipjack (troll/pole)

Good Alternatives: *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.*

Caviar, Sturgeon (US farmed)

Clams (wild)

Cod: Pacific (US trawled)

Crab: Blue*, King (US), Snow

Crab: Imitation/Surimi

Flounders, Soles (Pacific)

Herring: Atlantic

Lobster: American/Maine

Mahi mahi/Dolphinfish (US)

Oysters (wild)*

Scallops: Sea (wild)

Shrimp (US, Canada)

Squid

Swai, Basa (farmed)

Swordfish (US)*

Tilapia (Central America, farmed)

Tuna: Bigeye, Yellowfin (troll/pole)

Tuna: Canned Skipjack and Albacore*

Yellowtail (US farmed)

Avoid: for now as these items are caught or farmed in ways that harm other marine life or the environment

Caviar: Sturgeon* (imported wild)

Chilean Seabass/ Toothfish*

Cobia (imported farmed)

Cod: Atlantic, imported Pacific

Flounders, Halibut, Soles (Atlantic)

Groupers*

Lobster: Spiny (Caribbean)

Mahi mahi/Dolphinfish (imported)

Marlin: Blue*, Striped*

Monkfish

Orange Roughy*

Salmon (farmed, including Atlantic)*

Sharks*

Shrimp (imported)

Tilapia (Asia farmed)

Tuna: Albacore, Bigeye, Yellowfin (longline)*

Tuna: Bluefin*, Tongol, Canned (except Albacore and Skipjack)

Yellowtail (imported, farmed)

+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.mscc.org

* Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafood