

Pocket Seafood Selector

Cut out one for you and one for a friend. *Instructions:* 1. Use pink indicator lines as guides. 2. Fold in half along the top of the green bar (Best Eco-Choices). 3. Fold in half again keeping the "Pocket Seafood Selector" panel on the outside.

Best Eco-Choices

Abalone – U.S. farmed
 Anchovies
 Arctic char – farmed
 Catfish – U.S. farmed
 Caviar – farmed sturgeon and paddlefish eggs
 Clams – butter, geoducks, hard, littlenecks, Manila
 Crab – Dungeness, snow (from Canada), stone
 Crawfish – U.S.
 Halibut – from Alaska
 Herring – Atlantic sea herring
 Mackerel – Spanish †, Atlantic
 Mahimahi/dolphinfish – U.S. from the Atlantic
 Mussels – New Zealand green, farmed blue*
 Oysters – Pacific, European, farmed Eastern*
 Sablefish/black cod – from Alaska
 Salmon – wild from Alaska

Worst Eco-Choices

Caviar – wild sturgeon and paddlefish eggs
 Chilean seabass/toothfish
 Cod – Atlantic
 Grouper †
 Halibut – Atlantic
 Lingcod
 Lobster – spiny or rock (imported, except from Australia)
 Monkfish/goosefish
 Orange roughy †
 Rock cod/bocaccio/Pacific rockfish †
 Salmon – farmed or Atlantic †
 Shark †
 Shrimp/prawns – imported
 Skate
 Snapper
 Swordfish †
 Sturgeon and paddlefish – wild
 Tilefish †
 Tuna – bluefin †

Best Eco-Choices

Sardines
 Scallops – bay (except Atlantic calicos)
 Shrimp – Northern from Newfoundland
 Spot prawns
 Striped bass/Atlantic rockfish – wild † and farmed
 Sturgeon and paddlefish – farmed
 Tilapia – U.S.

† Consumption advisory due to mercury, PCBs, dioxins or pesticides. For detailed advice, visit www.environmentaldelense.org/go/seafoodandhealth.

* Try to find mollusks that are grown suspended in the water. Mollusks raised on bay bottoms are often harvested by dredging, which damages bottom habitat.

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ENVIRONMENTAL DEFENSE
 finding the ways that work

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