

How to use this guide

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc.

Please read all columns and be sure to check labels or ask questions when shopping and dining out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

If you are not sure, choose something else from the green or yellow columns.

Choices for healthy oceans

You Have the Power

Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

This Seafood Guide was last updated in November 2006

Learn more

For more information please visit:
www.sheddaquarium.org



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SHEDD AQUARIUM



SEAFOOD WALLET CARD | 2007

BEST CHOICES

Barramundi (US farmed)
Catfish (US farmed)
Caviar (farmed)
Clams (farmed)
Crab: Dungeness
Crab: Snow (Canada)
Crab: Stone
Halibut: Pacific
Lobster: Spiny (US)
Mussels (farmed)
Oysters (farmed)
Pollock (wild-caught from Alaska)
Salmon (wild-caught from Alaska)
Sardines
Scallops: Bay (farmed)
Shrimp (trap-caught)
Striped Bass (farmed or wild caught*)
Sturgeon (farmed)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (US & BC troll/pole-caught)
Tuna: Skipjack (troll/pole-caught)

GOOD ALTERNATIVES

Clams (wild-caught)
Cod: Pacific
Crab: Blue*, King (Alaska), Snow (US)
Crab: Imitation/Surimi
Flounder: Summer / Fluke
Lobster: American / Maine
Mahi mahi / Dolphinfin / Dorado (US)
Oysters (wild-caught*)
Scallops: Bay
Scallops: Sea (Northeast and Canada)
Shrimp (US farmed or wild-caught)
Snapper: Gray/Lane/Mutton/
Yellowtail (US)
Soles: Pacific
Squid
Swordfish (US*)
Tuna: Albacore, Bigeye, Yellowfin
(troll/pole-caught*)
Tuna: canned light
Tuna: canned white / Albacore*

AVOID

Caviar (imported wild-caught)
Chilean Seabass/Toothfish*
Cod: Atlantic
Crab: King (imported)
Flounders: Atlantic
Groupers*
Halibut: Atlantic
Mahi mahi / Dolphinfin / Dorado
(imported)
Monkfish
Orange Roughy*
Rockfish: Pacific*
Salmon (farmed*, including Atlantic)
Sharks*
Shrimp (imported farmed or
trawl-caught)
Snapper: Red*
Soles: Atlantic
Sturgeon (imported farmed* or
wild-caught*)
Swordfish (imported*)
Tuna: Albacore, Bigeye, Yellowfin
(longline-caught*)
Tuna: Bluefin*

Use this guide to make choices for healthy oceans

BEST CHOICES

These are your best seafood choices! These fish are abundant, well-managed and fished or farmed in environmentally friendly ways.

GOOD ALTERNATIVES

These are good alternatives when the “best choices” aren’t available. There are, however, some concerns with how they are fished or farmed, or with the health of their habitats due to other human impacts.

AVOID

Avoid these fish, at least for now. They come from sources that are overfished and/or fished or farmed in ways that harm other marine life or the environment.

* Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm