

BEST CHOICES

Barramundi (US & Vietnam farmed)
 Bass (US hooks and lines, farmed)
 Catfish (US)
 Clams, Cockles, Mussels
 Cod: Pacific (AK)
 Crab: Blue (MD trotline)
 Crab: King, Snow & Tanner (AK)
 Crab: Stone (US)
 Crawfish (US farmed)
 Lionfish (US)
 Mahi Mahi (US handlines)
 Mullet: Striped (US)

Oysters (farmed & Canada)
 Pompano (US)
 Salmon (New Zealand)
 Shrimp (US farmed)
 Snapper: Mutton (US diving, handlines)
 Squid (US)
 Sturgeon (US farmed)
 Tilapia (Canada, Ecuador, Peru & US)
 Tuna: Albacore (trolls, pole and lines)
 Tuna: Skipjack (Pacific trolls, pole and lines)
 Wahoo (US Atlantic)
 Wreckfish

GOOD ALTERNATIVES

Branzino (Mediterranean farmed)
 Cod: Atlantic (handlines, pole and lines)
 Conch (Belize, Nicaragua & US)
 Crab: Blue (AL, DE, MD & NJ pots)
 Crawfish (LA wild)
 Grouper: Red (US)
 Lobster: Spiny (Bahamas & US)
 Mahi Mahi (Ecuador & US longlines)
 Oysters (US wild)
 Salmon: Atlantic (BC & ME farmed)
 Salmon (CA, OR, & WA)
 Snapper (US)

Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Squid (Chile, Mexico, Peru & US)
 Swordfish (US)
 Tilapia (Columbia, Honduras, Indonesia, Mexico & Taiwan)
 Trout (Canada & Chile farmed)
 Tuna: Albacore (US longlines)
 Tuna: Skipjack (free school, imported trolls, pole and lines, and US longlines)
 Tuna: Yellowfin (free school, trolls, pole and lines, and US longlines)

AVOID

Cod: Atlantic (gillnet, longline, trawl)
 Conch (imported)
 Crab (Argentina, Asia & Russia)
 Crab: Blue (FL, GA, LA, MS, NC, SC, TX & VA)
 Crawfish (China)
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
 Mahi Mahi (imported)
 Orange Roughy
 Salmon (Canada Atlantic, Chile, Norway & Scotland)

Sardines: Atlantic (Mediterranean)
 Sharks
 Shrimp (other imported sources)
 Squid (Argentina, China, India & Thailand)
 Swordfish (imported longlines)
 Tilapia (China)
 Tuna: Albacore (imported except trolls, pole and lines)
 Tuna: Bluefin
 Tuna: Skipjack (imported purse seines)
 Tuna: Yellowfin (longlines except US)

BEST

Select these fish first. They are well-managed, not overfished, and caught or farmed responsibly.

GOOD

Okay to buy, but there are concerns with how they are caught or farmed.

AVOID

Take a pass on these for now, they're overfished or caught or farmed in ways that harm other marine life or the environment.

Not sure how to ask your wait staff or grocer if a fish is sustainable?
 It's as easy as **1-2-3!**

- 1)** Where did it come from?
- 2)** Is it farmed or wild-caught?
- 3)** If it's wild, how was it caught?

