

Copy and paste this list into a memo on your handheld computer desktop software so you'll have it handy whenever you are considering seafood at a restaurant or store.

Do you love seafood? So do we, but some of our favorite fish are in trouble. They're over fished, or caught or farmed in ways that harm the environment.

You have the power!

The wise choices you make when you buy seafood can help us enjoy fish now and forever.

BEST CHOICES: Enjoy! These fish and shellfish are abundant and caught or farmed in environmentally friendly ways.

Abalone (farmed)
Catfish (U.S. farmed)
Cod: Pacific (longline-caught from AK)*
Crab: Dungeness, Snow (Canada)
Halibut, (Pacific)
Lobster: Spiny (US)
Polluck (wild-caught from AK)*
Rockfish: Black (CA, OR)
Salmon (wild-caught from AK)*
Sablefish/Black cod (AK, BC)
Sardines
Shrimp: Pink (OR)
Spot Prawn (BC)
Striped Bass (farmed)
Sturgeon, Caviar (farmed)
Tilapia (US farmed)
Trout, Rainbow (farmed)
Tuna: Albacore, Bigeye, Yellowfin
(troll/pole-caught)
White Seabass

GOOD ALTERNATIVES: These items are better choices than seafood on the red list, but they still have problems with status, fishing methods and/or management. Check the source carefully before you buy.

Basa/Tra (farmed)
Clams, Oysters* (wild-caught)
Cod: Pacific (trawl-caught)
Crab: King (AK), Snow (US), imitation
Dogfish (BC)*
Flouders, Soles (Pacific)
Lingcod
Lobster: American/Maine
Mahi mahi/Dolphinfish/Dorado
Rockfish (hook & line caught from AK, BC)*
Sablefish/Black Cod (CA, OR, WA)
Sanddabs: Pacific
Scallops: Bay, Sea
Shrimp (US farmed or wild-caught)

Spot Prawn (US)
Squid
Sturgeon (wild-caught from OR, WA)
Swordfish (US)*
Tuna: Albacore, Bigeye, Yellowfin
(long-line caught)*
Tuna: canned light
Tuna: canned white/Albacore*

AVOID: These fish are either severely depleted and need to recover from over-fishing, or the fishing or farming currently harms the environment.

Chilean Seabass/Toothfish*
Cod: Atlantic
Crab: King (imported)
Dogfish (US)*
Grenadier/Pacific Roughy
Lobster: Spiny (Caribbean imported)
Monkfish
Orange Roughy*
Rockfish (trawl-caught)*
Salmon (farmed, including Atlantic)*
Sharks*
Shrimp (imported farmed or wild-caught)
Sturgeon*, Caviar (imported wild-caught)
Swordfish (imported)*
Tuna: Bluefin*

AK = Alaska BC = British Columbia
CA = California OR = Oregon
WA = Washington US = United States