

BEST CHOICES

Catfish (US farmed)
 Clams (farmed)
 Clams: Softshell/Steamers (wild-caught)
 Crab: Dungeness, Snow (Canada)
 Croaker: Atlantic*
 Halibut: Pacific
 Herring: Atlantic/Sardines
 Lobster: Spiny (US)
 Mussels (farmed)
 Oysters (farmed)
 Pollock (wild-caught from AK)*
 Salmon (wild-caught from AK)*
 Striped Bass (farmed or wild-caught*)
 Sturgeon, Caviar (farmed)
 Tilapia (farmed)
 Trout: Rainbow (farmed)
 Tuna: Albacore, Bigeye, Yellowfin (troll/pole-caught)

Northeast = Connecticut to Maine
 Mid-Atlantic = North Carolina to New York
 Southeast = Texas to South Carolina
 US = United States AK = Alaska

GOOD ALTERNATIVES

Basa/Tra (farmed)
 Black Sea Bass
 Bluefish*
 Clams: Atlantic Surf, Hard, Ocean
 Quahog (wild-caught)
 Crab: Blue*, Jonah, King (AK), Snow (US)
 Crab: imitation/Surimi
 Haddock (hook & line-caught)
 Hake: Silver, Red and Offshore
 Lobster: American/Maine
 Mahi mahi/Dolphinfish/Dorado
 Oysters (wild-caught)*
 Scallops: Bay
 Scallops: Sea (Northeast and Canada)
 Scup/Porgy
 Shrimp: Northern (Canada)
 Shrimp (US farmed or wild-caught)
 Squid
 Swordfish (US)*
 Tilefish (Mid-Atlantic)
 Tuna: Albacore, Bigeye, Yellowfin (longline-caught)*
 Tuna: canned white/Albacore*, light

AVOID

Chilean Seabass/Toothfish*
 Cod: Atlantic
 Crab: King (imported)
 Dogfish (Atlantic)*
 Flounders/Soles (Atlantic)
 Haddock (trawl-caught)
 Hake: White
 Halibut: Atlantic
 Monkfish
 Orange Roughy*
 Salmon (farmed, including Atlantic)*
 Scallops: Sea (Mid-Atlantic)
 Sharks* and Skates
 Shrimp (imported farmed or wild-caught)
 Snapper: Red*
 Sturgeon*, Caviar (imported wild-caught)
 Swordfish (imported)*
 Tilefish (Southeast)*
 Tuna: Bluefin*

*Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm
 *Certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org

Use This Guide to Make Choices for Healthy Oceans

Best Choices


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

Good Alternatives

These are good alternatives to the Best Choices column. However, there are concerns with how they're caught or farmed-or with the health of their habitat due to other human impacts.

Avoid

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



Seafood WATCH
 MONTEREY BAY AQUARIUM

Northeast Seafood Guide 2006

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Visit www.seafoodwatch.org for more seafood recommendations and to download the latest version of this guide and Seafood Guides for other regions of the United States. You can also read seafood facts, learn about seafood and your health and much more...

Learn more

Contaminant information provided by: ENVIRONMENTAL DEFENSE

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.

Make Choices for
 Healthy Oceans

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 or eating out.
 • Where is the seafood from?
 • Is it farmed or wild-caught?
 • How was it caught?
 If you're not sure, choose something else from the green or yellow columns.
 This Seafood Guide was last updated in October 2005.