

BEST CHOICES

Arctic Char (farmed)	Pompano (US)
Barramundi (US & Vietnam farmed)	Rockfish (AK, CA, OR & WA)
Bass: Striped (US hook and line, farmed)	Salmon (AK & New Zealand)
Catfish (US)	Sardines: Pacific (Canada & US)
Clams, Mussels & Oysters	Shrimp (US farmed & AK)
Cod: Pacific (AK)	Snapper: Mutton (US diver and handline)
Crab: King, Snow & Tanner (AK)	Sturgeon (US farmed)
Crab: Stone (US)	Tilapia (Canada, Ecuador, Peru & US)
Crawfish (US farmed)	Tuna: Albacore (troll, pole and line)
Lionfish (US)	Tuna: Skipjack (Pacific troll, pole and line)
Mahi Mahi (US handline)	Wahoo (US Atlantic)
Mullet: Striped (US)	Wreckfish

GOOD ALTERNATIVES

Branzino (Mediterranean farmed)	Skate: Winter (US)
Conch (Belize, Nicaragua & US)	Snapper (US)
Crab: Dungeness (Canada & US)	Squid (Chile, Mexico, Peru & US)
Crawfish (LA wild)	Swordfish (US)
Grouper: Black & Red (US)	Tilapia (China, Columbia, Honduras, Indonesia, Mexico & Taiwan)
Lobster (Bahamas, Canada & US)	Tuna: Albacore (US longline)
Mahi Mahi (Ecuador & US longline)	Tuna: Skipjack (free school, imported troll, pole and line, and US longline)
Monkfish (US)	Tuna: Yellowfin (free school, troll, pole and line, and US longline)
Octopus (Portugal & Spain pot, trap)	
Scallops: Sea (wild)	
Shrimp (Canada & US wild, Ecuador & Honduras farmed)	

AVOID

Conch (imported)	Sardines: Atlantic (Mediterranean)
Crab (Asia & Russia)	Sharks
Crawfish (China)	Shrimp (imported)
Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)	Snapper (Brazil)
Mahi Mahi (imported)	Squid (China, India & Thailand)
Octopus: Common (Portugal & Spain troll, Mexico)	Swordfish (imported longline)
Orange Roughy	Tuna: Albacore (imported except troll, pole and line)
Pompano (imported)	Tuna: Bluefin
Salmon: Atlantic (farmed)	Tuna: Skipjack (imported purse seine)
	Tuna: Yellowfin (longline 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?

