



# MOTHER EARTH NEWS

## Sustainable Seafood Shopping Guide

The fish listed below as “eco-choices” have been named as eco-friendly options by Environmental Defense’s Oceans Alive and Monterey Bay Aquarium’s Seafood Watch.

### Fish to Choose

#### ECO-CHOICES, RICH IN OMEGA-3S

Anchovies  
 Crab (Dungeness, stone or snow)  
 Halibut (Alaskan)  
 Herring (Atlantic)  
 Mackerel (except king)  
 Oysters (farmed Eastern, European, Pacific)  
 Rainbow trout (farmed)  
 Salmon (wild from Alaska)  
 Sardines  
 Shrimp (brown, white, pink, northern)  
 Sturgeon (farmed)  
 Striped bass (farmed)  
 Tuna (canned, light)

#### ADDITIONAL ECO-CHOICES

Abalone (U.S. farmed)  
 Arctic char (U.S. and Canadian farmed)  
 Catfish (U.S. farmed)  
 Caviar (U.S. farmed paddlefish and sturgeon eggs)  
 Clams (butter, Pacific geoduck, Pacific littlenecks, Manila, northern quahog)  
 Cod (Pacific, trap and line caught)  
 Crawfish  
 Mahi-mahi (U.S. Atlantic)  
 Mussels (farmed blue, New Zealand green)  
 Pollock (Alaskan)  
 Sablefish, black cod (Alaskan)  
 Scallops (farmed bay)  
 Spot prawn  
 Tilapia (farmed)

### Resources

**Environmental Defense’s Oceans Alive**

[www.oceansalive.org](http://www.oceansalive.org)

**Monterey Bay Aquarium’s Seafood Watch**

[www.seafoodwatch.org](http://www.seafoodwatch.org)

**Center for Food Nutrition and Agriculture Policy**

[www.realmcuryfacts.org](http://www.realmcuryfacts.org)

**Environmental Working Group**

[www.ewg.org/reports/BrainFood/pr.html](http://www.ewg.org/reports/BrainFood/pr.html)

### Fish to Avoid

#### FISH HIGHEST IN MERCURY

Shark  
 Swordfish  
 King mackerel  
 Tilefish

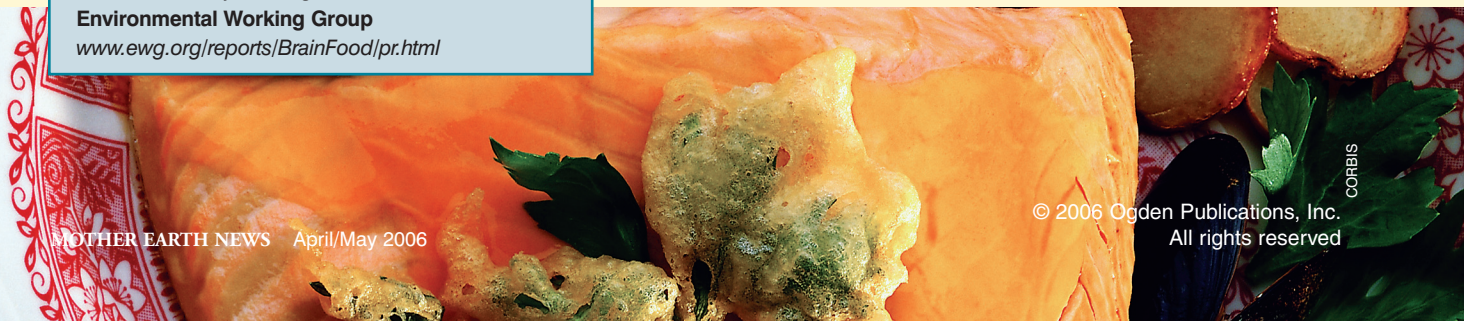
#### OTHER SPECIES HIGH IN MERCURY

**The Environmental Working Group has identified these fish as additional species that pregnant and nursing women should not eat.**

Halibut (Atlantic)  
 Largemouth bass  
 Marlin  
 Oysters (Gulf Coast)  
 Sea bass  
 Tuna (steaks, albacore)  
 Pike  
 Walleye  
 White croaker

#### NOT ECO-FRIENDLY

Caviar (wild)	Overharvested
Chilean sea bass; Patagonian toothfish	Overharvested
Cod (Atlantic)	Overharvested
Crab (blue and king crab, imported)	Toxic pollutants
Flounder and soles (Atlantic)	Toxic pollutants, overharvested, fishing methods
Grouper	Overharvested
Halibut (Atlantic)	Overharvested
Marlin	Overharvested
Monkfish	Overharvested, fishing methods
Orange roughy	Overharvested
Salmon (Atlantic, farmed)	Damaging farming methods, toxic pollutants
Shark	Overharvested
Shrimp (imported)	Damaging farming methods
Skate	Overharvested
Sturgeon (wild)	Overharvested
Snapper	Overharvested, fishing methods
Swordfish	Overharvested, fishing methods
Tilefish	Overharvested
Tuna (bigeye, bluefin, skipjack, yellowfin)	Overharvested



CORBIS

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