



*Maurice's Seafood*



## Seafood Guide-Selector

Source of information: [http://apps.edf.org/documents/1980\\_pocket\\_seafood\\_selector.pdf](http://apps.edf.org/documents/1980_pocket_seafood_selector.pdf)

| Fish                   | ECO-BEST                                | ECO-OK                                     | Eco-Worst                          |
|------------------------|---|--|------------------------------------|
| Artic Char             | Farmed ##                               |  |                                    |
| Catfish                | U.S.                                    | Basa/Swai/Tia                              |                                    |
| Cavier/sturgeon        |   | U.S. (farmed)                              | import or wild                     |
| Clams                  | Farmed                                  | Wild                                       |                                    |
| Cod                    | Pacific (Alaska longline)               | Atlantic (non-trawl), Pacific (U.S. trawl) | Atlantic (trawl), Pacific imported |
| Crab                   | Dungeness, Stone                        | Blue Δ, King (U.S.), Snow                  | King (imported)                    |
| Crawfish               | U.S.                                    |  | imported                           |
| Flounder/Sole          |   | Pacific, Summer Δ                          | Atlantic (all other)               |
| Grouper                |   | Black & Red (U.S. Gulf of Mexico) Δ        | all other Δ                        |
| Haddock                | Hook and Line                           | aAll other                                 |                                    |
| Halibut                | Pacific (Alaska longline)               | Greenland Turbot                           | Atlantic                           |
| Lobster                | Spiny (U.S.)                            | American/Maine, Spiny (Bahamas)            | Spiny (Brazil)                     |
| Macheral, Atlantic     | Canada ##                               | U.S. (farmed) ##                           |                                    |
| Mahi Mahi              | U.S. Atlantic (Pole/troll)              | U.S. (other), imported (pole/troll)        | Imported (longline)                |
| Orange Roughy          |   |  | all Δ                              |
| Oysters                | Farmed ##                               | Wild ##                                    |                                    |
| Pollock                |   | U.S. (wild)                                |                                    |
| Rockfish               |   | Pacific (hook & line)                      | Pacific (trawl)                    |
| Sablefish/ Black Cod   | Alaska, Canada - both ##                | California, Oregon, Alaska (all 3- ##)     |                                    |
| Salmon                 | Alaska (wild), canned (sockeye pink) ## | California, Oregon, Washington (wild) Δ    | Atlantic or farmed Δ               |
| Sardines               | U.S. ##                                 |  | Mediterrainian                     |
| Seabass                | White Pacific                           |  | Chilean Δ                          |
| Shark                  |   |  | All Δ                              |
| Shrimp                 | Pink (Oregon), Spot Prawns (Canada)     | U.S. and Canada                            | imported                           |
| Snapper                |   | Grey Lane, Multon, Δ Yellowtail (U.S.)     | Red, Imported, Vermilion           |
| Squid                  | Longfin (U.S.)                          | All other                                  |                                    |
| Swordfish              |   | U.S. Δ                                     |                                    |
| Tilapia                | U.S.                                    | Central and South America                  | Asia                               |
| Trout                  | Rainbow Farmed ##                       |  |                                    |
| Tuna, Albacore         | Canada or U.S. (pole/troll) ##          | Hawaii (longline) Δ                        |                                    |
| Tuna, Bigeye/Yellowfin | U.S. Atlantic (longline)                | Imported (pole/troll) or U.S. (longline) Δ | imported (longline) Δ              |
| Tuna. Bluefin          |   |  | ALL Δ                              |
| Tuna Shipjack          | Pole/troll                              | U.S. (longline)                            | canned tight                       |

## - Good source of heart-healthy omega-3s and low in contaminants  
 Δ - limit consumption due to elevated mercury or PCB levels