**BEST CHOICES**

- Arctic Char (farmed)
- Barramundi (US farmed)
- Catfish (US farmed)
- Clams (farmed)
- Cobia (US farmed)
- Cod (Pacific US bottom longline)
- Crab: Dungeness, Stone Halibut: Pacific US
- Lobster: Spiny (US)
- Mussels (farmed)
- Oysters (farmed)
- Sablefish/Black Cod (Alaska or BC)
- Salmon (Alaska wild)
- Scallops (farmed off-bottom)
- Shrimp, Pink (OR)
- Snapper: Red
- Squid
- Swordfish (US)
- Tilapia (US, Canada)
- Tuna: Albacore including canned light tuna (troll/pole, US and BC)
- Tuna: Albacore including canned white tuna (troll/pole)
- Tuna: Canned white/Albacore (troll/pole except US and BC)
- Tuna: Skipjack including canned light tuna (troll/pole)

**GOOD ALTERNATIVES**

- Basa/Pangasius/Swai (farmed)
- Caviar, Sturgeon (US farmed)
- Clams (wild)
- Cod: Pacific (US trawled)
- Crab: Blue*, King (US), Snow
- Flounders, Soles (Pacific)
- Herring: Atlantic
- Lobster: American/Maine
- Mahi Mahi/Dolphinfish (US)
- Mussels: Washington
- Oysters: (wild)
- Pollock: Alaska
- Salmon (wild, WA)
- Scallops: Sea
- Shrimp: US, Canada
- Squid
- Swordfish (US)*
- Tuna: Albacore (troll/pole)
- Tuna: All species (except troll/pole)

**AVOID**

- Caviar, Sturgeon* (imported wild)
- Chilean Seabass/Toothfish*
- Cobia (imported farmed)
- Cod: Atlantic and imported Pacific
- Flounders, Halibut, Soles (Atlantic)
- Groupers*
- Lobster: Spiny (Brazil)
- Mahi Mahi/Dolphinfish (imported)
- Monkfish
- Orange Roughy*
- Salmon (farmed, including Atlantic)*
- Sharks* and Skates
- Shrimp (imported)
- Snapper: Red
- Swordfish (imported)*
- Tilapia (Asia farmed)
- Tuna: Albacore, Bigeye, Yellowfin (longline)*
- Tuna: Bluefin* and Tongol
- Tuna: Canned (except troll/pole)*

**Support Ocean-Friendly Seafood**

**Best Choices** are abundant, well-managed and caught or farmed in environmentally friendly ways.

**Good Alternatives** are an option, but there are concerns with how they’re caught or farmed—or with the health of their habitat due to other human impacts.

**Avoid** for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.

Key
- BC = British Columbia
- CA = California
- OR = Oregon
- WA = Washington
- * = Limit consumption due to concerns about mercury or other contaminants.

Visit www.edf.org/seafoodhealth

Contaminant information provided by ENVIRONMENTAL DEFENSE FUND

Seafood may appear in more than one column

Learn More

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