


Ranking Codes

 **Green = Best Choice**

Best Choice seafood is well managed, abundant, and caught or farmed in environmentally sustainable ways.

 **Yellow = Some Concerns**

Some Concerns seafood should be consumed infrequently, or when a green choice is not available. There are concerns with abundance, management, or impacts on habitat or other marine life.

 **Red = Avoid**

Avoid seafood items from this list for now. They come from farmed or wild sources with a combination of critical problems—habitat damage, lethal impacts on other species, critically low populations, or poor management.

* Learn more about credible third party certifications at SeaChoice.org

Your choice for healthy oceans

Your Seafood Choices are Part of the Solution.

Choosing green-listed “Best Choice” and avoiding red-listed seafood helps support responsible fishing and farming practices. Vote with your wallet and reward seafood providers who are doing the right thing. This helps ensure enough fish remain in the ocean for years to come.

Download our free iPhone app: search “SeaChoice” in the app store.
Learn about seafood health issues at edf.org/seafoodhealth.
Learn about MSC & other third party certifications at msc.org & SeaChoice.org.

How To Use This Card

The table on the reverse ranks seafood as Best Choice, Some Concerns or Avoid. Depending on where the fish was caught or what gear was used, some species may show up in more than one column. Additional information is included to assist you in making a better choice. Canadians want their seafood to be properly labelled to help make these smart choices. If your seafood supplier doesn't know the answers, keep asking so they know that this information is important to customers.

A few important questions to ask:

- What species is this?
- Where was it caught or farmed?
- Is this seafood wild or farmed?
- How was it caught or farmed?

Avoid these red-listed:

- Chilean SeaBass/Monkfish
- Yellowfin Tuna
- Open Net Farmed Salmon

Try these alternatives:

- Sablefish
- Pacific Albacore (BC/US)
- Land Farmed Atlantic Salmon or Arctic Char

Created in collaboration with Monterey Bay Aquarium Seafood Watch

SeaChoice Member Organizations:



Make smart seafood decisions for today and tomorrow

Fish	Best Choice	Some Concerns	Avoid
Arctic Char	Farmed		
Barramundi	Australis (Vietnam) Recirculating Aquaculture		(Indonesia)
Basa/Pangasius*			(Vietnam) Ponds
Catfish	(US) Farmed		
Chilean Seabass*	(Heard, McDonald, Maquarie, Falkland Islands) Longline	(Ross Sea, Kerguelan Islands, South Georgia) Longline	(Chile, Prince Edward, Marion, Crozet Islands) Longline
Clams/Mussels*	(Worldwide) Farmed	Atlantic Surf (Canada, US); Quahog (US Atl.)	
Atlantic Cod*		(US Georges Bank) Handline	(Canada, US Gulf of Maine) All Gear; (US Georges Bank) All exc. Handline
Pacific Cod*	(Alaska)	(B.C., CA., OR., WA.) Bottom Trawl	(Russia/Japan)
Crab*	Golden King (Alaska); Red King (Alaska, Norway); Snow (Alaska, Gulf of St. Lawrence)	Dungeness (US/Canada); Rock (Canada) Trap; Snow (Rest of Canada); Southern Red King (Argentina) Trap	King (Russia); Jonah (US/Canada)
Flounder/Sole*	Several options exist across all colour categories, please visit SeaChoice.org for more detail		
Haddock*		(US Georges Bank, Canada)	(US Gulf of Maine)
Halibut*		Pacific, Atlantic, Closed Containment Recirculating	Atlantic (US Atl.) Trawl
Lingcod*	(US) Longline/Trawl	(Canada); (US) Handline	
Lobster*	California Spiny (Mexico) Trap; Caribbean Spiny (Mexico) Trap	American (Canada/US); California Spiny (California) Trap; Caribbean Spiny (US, Bahamas) Dive/Trap	American (US S. New England); Spiny (Belize, Brazil; Honduras, Nicaragua)
Mackerel	Atlantic (Can./US) Seine; King (US) Gillnet; Spanish (US S. Atl.)	Atlantic (US Trawl); King (US) Handline; Spanish (US Gulf of Mexico)	
Mahi Mahi	(US Atlantic) Troll/Pole	(Ecuador, US Pacific)	(Costa Rica, Peru)
Oysters	Farmed		
Pollock*		Atlantic (Alaska)	Atlantic (Canada) Trawl
Rockfish*/Pacific Snapper	Several options exist across all colour categories, please visit SeaChoice.org for more detail		
Sablefish*	(Alaska) All Gear; (US W. Coast) Pot/Longline; Totem Farm	All Gear (Canada); (US West Coast) Longline/Trawl	
Salmon*	(Alaska) Wild; (Worldwide) Closed Containment	(B.C. and WA, OR, & CA other than Puget Sound & Columbia River) Wild	Open Net-Pen; Chinook (Puget Sound); Coho (Columbia River)
Sardines	Pacific (Canada/US)		Atlantic (Mediterranean)
Scallops*	Pink and Spiny (B.C.) Farmed Off Bottom; Weatherane (AK)	(All Other) Farmed Dredge, Wild	
Shark/Skate*	Dogfish, Spiny (US); Longnose Skate (US)	Dogfish, Spiny (Canada Pacific); Big Skate (B.C.); Big Skate (US)	(All Other); Longnose Skate (B.C.)
Shrimp/Prawns*	Coonstripe (AK); Freshwater (Americas); Spot (B.C.); Selva; Northern (AK); Northern (Atlantic) Trap	All Other (Canada/US); (Thailand) Farmed Infrequent Exchange; Freshwater Prawn (Asia) Ponds; White (Ecuador)	(All Other)
Squid		Humboldt (Chile, Mex., Peru); Shortfin/Longfin (US); Market (CA.)	Mitre, (Thailand, China); Indian (India, Thailand)
Swordfish*	(Canada, US Atl. Hawaii, E. Pac.) Harpoon/Handline	(US) Longline; (W. Pacific) Harpoon/Handline	(Canada, International) Longline
Tilapia*	(Worldwide) Recirculating; (Ecuador); (Peru)	(China, Indonesia, Mexico) Net Pens; (China, Taiwan) Ponds	
Trout, Rainbow	(US) Farmed; (Worldwide) Recirculating		
Tuna, Albacore	(Canada, Japan, N. Atl., US Pac., S. Pac.) Troll/Pole	(US Atlantic/Hawaii) Longline; (N Atlantic) FAD-Free Seine	(Int.) Longline; All Gear (S. Atl.); FAD Purse Seine
Tuna, Bigeye (Ahi)		(Int'l.) Pole/Troll; (Indian, Atl.) FAD-Free Seine; (US) Longline	FAD Purse Seine; (Int'l./Hawaii) Longline
Tuna, Bluefin			(All)
Tuna, Canned	Albacore Chunk White (Canada/US Pacific)	Albacore Chunk White (Int'l.) Pole/Troll; Skipjack Pole/Troll & FAD-Free	Chunk Light/White All except Pole/Troll
Tuna, Skipjack*	(East Pacific) Pole/Troll	FAD-Free Seines; (W. Central Pac., Atl.) Pole/Troll; (US/Hawaii) Longline	(Atl. E. Pac., Indian, W. Central) FAD Purse Seine
Tuna, Yellowfin (Ahi)*	(Western Central Pacific) Handline	(Hawaii) Pole/Troll, Longline; (Pacific, Indian) FAD-Free Seine	(All Other) Purse Seine; (All exc. Hawaii) Longline