

## Why Do Your Seafood Choices Matter?

Worldwide, the demand for seafood is increasing. Yet many populations of the fish we enjoy eating are overfished. In the United States, we import over 80 percent of our seafood to meet the demand. Destructive fishing and fish-farming practices only add to the problem.

By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

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## You Can Make a Difference

Support ocean-friendly seafood in three easy steps:

1. Purchase seafood from the green or yellow list, or look for the Marine Stewardship Council blue eco-label in stores and restaurants.
2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.
3. Tell your friends about Right Bite. The more people that ask for ocean-friendly seafood, the better!



the Marine Stewardship Council blue eco-label in stores and restaurants.

## Learn More

Shedd Aquarium's Right Bite program is based on research conducted by Monterey Bay Aquarium Seafood Watch® scientists. For more information about your favorite seafoods, including items not listed here, visit [www.seafoodwatch.org](http://www.seafoodwatch.org).



For more information about Shedd's Right Bite program, please visit [www.sheddaquarium.org/rightbite](http://www.sheddaquarium.org/rightbite).



SHEDD AQUARIUM

## Right Bite



Sustainable Seafood Guide

## BEST CHOICES

Abalone (US farmed)  
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)  
Perch: Yellow (Lake Erie)\*  
Sablefish/Black Cod (Alaska, BC)  
Salmon (Alaska wild)  
Sardines (US Pacific)  
Scallops (farmed off-bottom)  
Shrimp: Pink (Oregon)  
Striped Bass (farmed and wild\*)  
Tilapia (US farmed)  
Trout: Rainbow (US farmed)  
Tuna: Albacore, Skipjack, Yellowfin (US troll/pole)  
Whitefish: Lake (trap net)\*  
Wreckfish

## GOOD ALTERNATIVES

Basa/Pangasius/Swai (farmed)  
Caviar, Sturgeon (US farmed)  
Clams, Oysters (wild)  
Cod: Pacific (US trawled)  
Crab: Blue\*, King (US), Snow  
Flounders, Soles (Pacific)  
Flounder: Summer (US Atlantic)\*  
Grouper: Black, Red (US Gulf of Mexico)\*  
Herring: Atlantic, Lake  
Lobster: American/Maine  
Mahi Mahi (US)  
Ono/Wahoo\*  
Opah (Hawaii)  
Perch: Yellow (Lake Huron and Ontario)\*  
Pollock (Alaska)  
Scallops: Sea  
Shrimp (US, Canada)  
Smelt: Rainbow  
Squid  
Swordfish (US)\*  
Tilapia  
(Central America and South America farmed)  
Trout: Lake (Lake Superior)\*  
Tuna: Bigeye, Tongol, Yellowfin (troll/pole)  
Walleye\*  
Whitefish (Lake Erie gillnet)

## AVOID

Caviar, Sturgeon\* (imported wild)  
Chilean Seabass/Toothfish\*  
Cod: Atlantic (trawled, Canada and US)  
Crab: King (imported)  
Flounders, Halibut, Soles  
(US Atlantic, except Summer Flounder)  
Groupers (Hawaii, US Atlantic\*)  
Lobster: Spiny (Brazil)  
Mahi Mahi (imported longline)  
Marlin: Striped\*, Blue\* (imported)  
Monkfish  
Orange Roughy\*  
Salmon (farmed, including Atlantic)\*  
Sharks\*  
Shrimp (imported)  
Skates: Atlantic (US)  
Snapper: Red  
Swordfish (imported)\*  
Tilapia (Asia farmed)  
Trout: Lake (Lake Huron and Michigan)\*  
Tuna: Albacore\*, Bigeye\*, Skipjack, Tongol, Yellowfin\* (except troll/pole)  
Tuna: Bluefin\*  
Tuna: Canned (except troll/pole)  
Yellowtail (imported farmed)

## 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

\* Limit consumption due to concerns about mercury or other contaminants. Visit [www.edf.org/seafoodhealth](http://www.edf.org/seafoodhealth).

Contaminant information provided by:  
ENVIRONMENTAL DEFENSE FUND

Seafood may appear in more than one column.