





Pocket Seafood Selector

WORST CHOICES	P O C K E T SEAFOOD SELECTOR	BEST CHOICES	
<ul style="list-style-type: none"> Caviar (wild) ● Chilean seabass/toothfish Cod, Atlantic ● Grouper Halibut, Atlantic ● Marlin Monkfish/goosefish ● Orange roughy ● Rockfish/rock cod (Pacific) ● Salmon, Atlantic (farmed) ● Shark Shrimp/prawns (imported) Skate Snapper ● Sturgeon (wild) ● Swordfish (imported) ● Tilefish ● Tuna, bluefin <p>● indicates fish that are high in mercury or PCBs. Details at www.oceansalive.org/eat.cfm</p>	 <p>Buying guide for eco-friendly fish</p> <p style="text-align: center;">e ENVIRONMENTAL DEFENSE finding the ways that work</p>	<ul style="list-style-type: none"> Abalone (U.S. farmed) ● Anchovies Arctic char (farmed) Catfish (U.S. farmed) Caviar (U.S. farmed) Clams (farmed) Crab, Dungeness Crab, snow (Canada) Crab, stone Crawfish (U.S.) Halibut, Pacific (Alaska) ● Herring, Atlantic (U.S., Canada) ● Mackerel, Atlantic Mahimahi (U.S. Atlantic) Mussels (farmed) ● Oysters (farmed) ● Sablefish/black cod (Alaska) ● Salmon, wild (Alaska) ● Salmon, canned pink/sockeye ● Sardines 	<ul style="list-style-type: none"> Scallops, bay (farmed) Shrimp, northern (Canada) Shrimp, Oregon pink Shrimp (U.S. farmed) Spot prawns Striped bass (farmed) Sturgeon (U.S. farmed) Tilapia (U.S.) <p>● indicates fish that are high in omega-3 fatty acids and low in environmental contaminants. For details, or for information on hundreds of other fish, visit www.oceansalive.org/eat.cfm</p> <div style="text-align: center;">  </div> <p>© June 2006 Environmental Defense Cover illustration: www.chartingnature.com</p>

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