

GREEN TIPS

Is Something Fishy Going On?

By Joanne Samborn

The same kind of fish may appear on more than one list of choices, depending on where it comes from, whether it was caught or farmed, and the type of fishing gear used. To learn more about how to choose ocean-friendly fish, visit: EnvironmentalDefense.org/seafood.

Items below are approved.

Basa/tra/Vietnamese catfish

Clams (wild)

Cod, Pacific (trawl)

Crab, blue

Crab, king (USA)

Crab, snow/tanner

Flounder/sole (Pacific)

Haddock (hook and line)

Lobster, American/Maine

Mahi-mahi, (US long line or imported troll/pole)

Oysters (wild)

Sablefish/black cod (CA, OR WA)

Salmon, wild (CA OR WA)

Scallops, sea (New England, Canada)

Shrimp, northern (US, Canada)

Squid, (except US, long fin)

Swordfish, (US)

Tilapia (Latin America)

Tuna, bigeye/yellowfin (imported troll/pole)

Tuna, canned light

Tuna, canned white/albacore

This guide was produced in collaboration with the Monterey Bay Aquarium.