



by Joanne McEvoy-Samborn

*Fish choices that are good for you—and for the ocean:*

Abalone (farmed)  
Mussels (farmed)  
Barramundi (US)  
Oysters (farmed)  
Catfish (US)  
Pollock (Alaska)  
Caviar (farmed)  
Sablefish/black cod (Alaska, Canada)  
Char, Arctic (farmed)  
Salmon, wild (Alaska)  
Clams, soft shell  
Salmon, canned pink/sockeye  
Cod, pacific (bottom long line)  
Sardines  
Crab Dungeness  
Scallops, bay (farmed)  
Crab Stone  
Shrimp, pink (Oregon)  
Crawfish (US)  
Shrimp (US farmed)  
Lobster, spiny (US, Australia, Baja)  
Squid, long fin (US)  
Mackerel Atlantic  
Striped Bass (farmed)  
Mahi-mahi, (US, Troll/pole)  
Sturgeon (framed)  
Mullet (US)  
Tilapia (US)  
Mussels (farmed)  
Trout, rainbow (Farmed)  
Oysters (farmed)  
Tuna, albacore (US, Canada)  
Pollock  
Tuna, yellowfin (US Troll/pole)  
Weakfish

*Source: [EnvironmentalDefense.org/seafood](http://EnvironmentalDefense.org/seafood)*