

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.

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	Farmed, Closed Sys (US), <i>Australis</i> (Vietnam)	Farmed, Closed Sys (Australia)	Farmed, Open Sys (All)
Basa/Pangasius		(Vietnam/Cambodia)	
Catfish	Farmed (US)		
Chilean Seabass			(All)
Clams/Mussels	Farmed	Wild	
Atlantic Cod	Hook and Line (Russia, Iceland)	Hook and Line (US Georges Bank & Canada exc Georges Bank), Trawl (Russia, Iceland)	<i>All Other</i> (Canada/US)
Pacific Cod	Longline, Pot, Hook and Line (Alaska)	Bottom Trawl (US/BC)	(Russia/Japan)
Crab	<i>Snow</i> (Alaska, Gulf of St. Lawrence), <i>Stone</i> (Florida/US Atlantic)	<i>Dungeness</i> (US/Canada), <i>King</i> (US), <i>Snow</i> (Rest of Canada)	<i>King</i> (Russia), <i>Jonah</i> (US/Canada)
Flounder/Sole	Several options exist across all colour categories, please visit SeaChoice.org for more detail		
Haddock		Bottom Longline (Canada), Bottom Trawl (US Georges Bank/Canada/Iceland), Handline (US Georges Bank)	Handline, Trawl (US Gulf of Maine)
Halibut		<i>Pacific</i> (MSC Certified), <i>Atlantic</i> (MSC Certified, Farmed)	<i>Atlantic</i> (Trawl)
Lingcod	Troll (Canada), Bottom Longline, Trawl (US)	Longline, Trawl (Canada), Hook and Line (US)	
Lobster	<i>Spiny</i> (Mexico)	<i>American</i> (Canada/US), <i>Spiny</i> (US, Bahamas)	<i>Spiny</i> (Brazil)
Mackerel	<i>King</i> (US), <i>Spanish</i> (US), <i>Atlantic</i> (Canada)	<i>Atlantic</i> (US)	
Mahi Mahi	Troll/Pole (US Atlantic)	Longline and Other (US)	Longline (Imported)
Oysters	All		
Pollock		Atlantic, Pacific (Alaska)	
Rockfish/Pacific Snapper	Several options exist across all colour categories, please visit SeaChoice.org for more detail		
Sablefish	All Gear (Alaska), Pot (US West Coast)	All Gear (Canada), Longline, Trawl (US West Coast)	
Salmon	Wild (Alaska), Closed Containment Farmed (Worldwide)	Wild (BC, Washington, Oregon)	Open Net Pen Farmed (All Regions)
Sardines	<i>Pacific</i> (Canada/US)		<i>Atlantic</i> (Mediterranean)
Scallops	Farmed Off Bottom, Wild (<i>Weathervane</i> – Alaska, <i>Pink</i> – BC, <i>Spiny</i> – BC)	Farmed Dredge, Wild (All Other)	
Shark/Skate	Dogfish, <i>Spiny</i> (US)	<i>Dogfish</i> , <i>Spiny</i> (Canada Pacific)	(All Other)
Shrimp/Prawns	<i>Spot</i> (BC), <i>Selva</i> , Farmed Closed System (US), <i>Northern</i> (Alaska-Trawl, Atlantic Canada-Trap)	<i>All Other</i> (Canada/US), Farmed Infrequent Exchange (Thailand), <i>Pink</i> (Oregon), <i>White</i> (Ecuador)	(All Other)
Squid	<i>Humboldt</i> (Mexico)	<i>Shortfin</i> , <i>Longfin</i> (US Atlantic), <i>Market</i> (California)	
Swordfish	Harpoon/Handline (Canada/US Atlantic, Hawaii)	Longline (US), Harpoon/Handline (West/Central Pacific)	Longline (International)
Tilapia	Farmed (US, Ecuador)	Farmed (China, Taiwan)	
Trout, Rainbow	Farmed (US), Land Based Farmed (Canada)	Farmed Open Net (Canada)	
Tuna, Albacore	(Canada/US Pacific)	Longline (Hawaii), Pole/Troll (International)	Longline (International), All Gear (Mediterranean)
Tuna, Bigeye (Ahi)	Pole/Troll (US Atlantic)	Pole/Troll (International), Longline (US Atlantic)	Longline (Int'l/Hawaii)
Tuna, Bluefin			(All)
Tuna, Canned	<i>Albacore</i> Chunk White (Canada/US Pacific), <i>Skipjack</i> FAD Free (Western/Central Pacific)	<i>Albacore</i> Chunk White Pole/Troll (International)	Chunk Light/White (All exc. Pole/Troll)
Tuna, Skipjack	Pole/Troll	Longline (US Atlantic/Hawaii)	Purse Seine/Longline (International)
Tuna, Yellowfin (Ahi)	Pole/Troll (US)	Pole/Troll (Int'l), Longline (US Atlantic/Hawaii)	Purse Seine/Longline (International)

For more information on these and other species, please visit SeaChoice.org