

# 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](http://edf.org/seafoodhealth).  
**Learn** about MSC & other third party certifications at [msc.org](http://msc.org) & [SeaChoice.org](http://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

Atlantic Salmon

### Try these alternatives:

Sablefish

Pacific Albacore (BC/US)

Land Farmed Coho or Arctic Char

Created in collaboration with [Monterey Bay Aquarium](http://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)	Farmed, Closed Sys (Australia)	Farmed, Open Sys (All)
Basa/Pangasius		(Vietnam/Cambodia)	
Catfish	Farmed (US)		
Chilean Seabass			(All)
Clams /Mussels	Farmed	Wild	Arctic Surf (Canada)
Atlantic Cod		Hook & Line (US Georges Bank & Canada exc. Georges Bank)	All Other (Canada/US)
Pacific Cod	Longline (Alaska)	Bottom Trawl (US/BC)	(Russia/Japan)
Crab	Dungeness (BC/Washington), Stone (Florida/US Atlantic)	King (US), Snow (US/Canada), Jonah (US/Canada)	King (Russia)
Flounder/Sole		(Pacific)	(Atlantic)
Haddock		Bottom Longline (Canada), Bottom Trawl (US Georges Bank/Canada/Iceland), Handline (US Georges Bank)	Handline, Trawl (US Gulf of Maine)
Halibut	(Alaska)	Pacific (BC), Atlantic (Scotian Shelf & Southern Grand Banks)	Atlantic (Gulf of Saint Lawrence and US)
Lingcod		(Canada/US)	
Lobster	Spiny (US/Baja Mexico)	American (Canada/US), Spiny (Bahamas)	Spiny (Brazil)
Mackerel	King (US), Spanish (US), Atlantic (Canada)	Atlantic Mid-water Trawl (US)	
Mahi Mahi	Troll/Pole (US Atlantic)	Longline and other (US)	Longline (Imported)
Oysters	All		
Pollock		Atlantic, Pacific (Alaska)	
Rockfish/Pacific Snapper			Bottom Trawl (Pacific)
Sablefish	(Alaska/Canada)	(US West coast)	
Salmon	Wild (Alaska), Coho Land Farmed (US)	Wild (BC, Washington, Oregon)	Open Net Pen Farmed (All Regions)
Sardines	Pacific (Canada/US)		Atlantic (Mediterranean)
Scallops	Farmed Off Bottom	Farmed Dredge, Wild (US/Canada Atlantic)	
Shark/Skate		Dogfish, Spiny (Canada Pacific)	(All Other)
Shrimp/Prawns	Pink (Oregon), Spot (BC), Farmed Closed System (US), Northern (Canada Atlantic – Trap)	All Other (Canada/US), Farmed Infrequent Exchange (Thailand)	(All Other)
Squid		Shortfin, Longfin (US Atlantic), Market (California)	
Swordfish	Harpoon/Handline (Canada/US Atlantic, Hawaii)	Longline (US), Harpoon/Handline (West/Central Pacific)	Longline (International), All Gear (Mediterranean)
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)	Longline (Int'l)
Tuna, Bigeye (Ahi)	Pole/Troll (US Atlantic)	Pole/Troll (International), Longline (US Atlantic)	Longline (Int'l/Hawaii)
Tuna, Bluefin			(All)
Tuna, Canned	Albacore Chunk White (Canada/US Pacific), Skipjack FAD Free (Western/Central Pacific)	Albacore Chunk White Pole/Troll (International)	Chunk Light/White (All exc. Pole/Troll)
Tuna, Skipjack	Pole/Troll (Atlantic)	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](http://SeaChoice.org)