

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 Sushi Choices are Part of the Solution.

Vote with your chopsticks and reward sushi providers who are doing the right thing. Choosing green-listed “Best Choices” 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 certified fisheries at msc.org and 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 with additional information 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:

- Toro: Tuna, Bluefin (wild)
- Sake: Salmon (farmed open-net pen)
- Ebi: Shrimp (farmed and wild, imported except US)

Try these alternatives:

- Shiro Maguro: Tuna, Albacore
- Sake: Salmon (wild Alaska)
- Amaebi: Spot prawn (wild, BC trap)

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SeaChoice Member Organizations:



Make smart sushi decisions for today and tomorrow

Fish	Best Choice	Some Concerns	Avoid
Aji: Horse Mackerel	(US – GOM/S. Atlantic)		
Akame: Barramundi	(US)	Farmed in fully recirculated (Australia)	Farmed open systems (All)
Amaebi: Spot Prawn	Spot (BC)		
Ankimo: Monkfish liver			Wild
Awabi: Abalone	Farmed (US)		
Ebi: Shrimp	Pink (Oregon), Farmed Closed System (US), Northern (Canada Atlantic – trap), Spot (BC)	All other (Canada/US), Closed System (Thailand)	All other Farmed
Gindara: Sablefish/ Black Cod	(Alaska/Canada)	(US West coast)	
Hamachi: (Buri) Amberjack		Hook and Line (US South Atlantic)	
Hiramasa: California Yellowtail		Wild caught (US)	
Hirame/Karei: Flounder, Soles		Pacific	Atlantic
Hotate: Scallop	Farmed Off Bottom	Farmed Dredge, Wild (US/Canada Atlantic)	
Ika: Squid	Longfin (US)	(All other)	
Iwana: Arctic Char	Farmed		
Iwashi: Sardine	Pacific (Canada/US)		Atlantic (Med.)
Mahi Mahi	Troll/Pole (US Atlantic)	Longline and other (US)	Longline (Imported)
Kaki: Oysters	Farmed	Wild (Canada/US)	
Kani: Crab	Dungeness (BC/Washington), Stone (Florida/US Atlantic)	King (US), Snow (US/Canada), Jonah (US/Canada)	King (Russia)
Kanikami: Surimi/ Imitation Crab**		Pollock (Alaska)	
Katsuo: Bonito/Tuna, Skipjack	Pole/Troll (Atlantic)	Longline (US Atlantic/Hawaii)	Purse Seine/Longline (International)
Lobster	Spiny (US/Baja Mexico)	American (Canada/US), Spiny (Bahamas)	Spiny (Brazil)
Maguro: Tuna, Bigeye and Yellowfin	Pole/Troll (US Atlantic)	Pole/Troll (International), Longline (US Atlantic/Hawaii)	Longline/Purse Seine (International/Hawaii)
Masago: Smelt roe/ Capelin	Wild (Iceland)	Wild (Canada)	
Mirugai: Geoduck	Wild (BC and Washington)		
Muuragai: Mussels	Farmed		
Ohyo: Halibut	(Alaska)	(BC)	(Atlantic)
Saba: Atlantic Mackerel	(Canada/US – GOM/ S. Atlantic)	(US)	
Sake: Salmon*	Wild (Alaska)	Wild (BC, Washington, Oregon)	Atlantic Open net pen farmed (All Regions)
Shiro Maguro: Tuna, Albacore	Albacore (Canada/US Pacific)	Albacore Longline (Hawaii)	Albacore Longline (International)
Swara: Spanish Mackerel	(US – GOM/S. Atlantic)		
Suzuki: Striped Bass	Farmed and Wild		
Tai: Rockfish		Wild Red Porgy (US)	Wild Red Snapper
Tako: Octopus			Wild
Toro: Tuna, Bluefin			Wild
Unagi: Eel			Farmed Freshwater
Uni: Sea Urchin	Green urchin/Red urchin Dive Caught (Canada)	Red urchin Dive Caught (California)	Green urchin Dive Caught/scallop drag (Maine)

* Visit seachoice.org for more details. ** Surimi/imitation crab could be mixed species. Please ask what is used!