


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 to provide an abundance of seafood 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:

Chilean SeaBass/Monkfish
Yellowfin Tuna
Atlantic Salmon

Try these alternatives:

Sablefish
Pacific Albacore (BC/US)
Land Farmed Coho or Arctic Char

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SeaChoice Member Organizations:



Make smart seafood decisions for today and tomorrow

Fish	Best Choice	Some Concerns	Avoid
Arctic Char	Farmed		
Barramundi	Farmed, Closed System (US)	Farmed, Closed System (Australia)	Farmed, Open System (All)
Basa/Pangasius		(Vietnam/Cambodia)	
Catfish	(US)		
Chilean Seabass			(All)
Clams/Mussels	Farmed (All)	Wild	Arctic Surf (Canada)
Cod*	Pacific Longline (Alaska)	Pacific Bottom Trawl (US/BC)	Atlantic (Canada), Pacific (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	Handline (Canada/US)	Bottom Trawl (US/Canada), (Iceland)	
Halibut	(Alaska)	(BC)	(Atlantic)
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	Farmed	Wild (Canada/US)	
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/US West coast)	(Atlantic), Open-net Farmed (All)
Sardines/Herring	Pacific (Canada/US)	Atlantic (US)	Atlantic (Mediterranean)
Scallops	Farmed Off Bottom	Farmed Dredge, Wild (US/Canada Atlantic)	
Shark/Skate		Dogfish, Spiny (Canada Pacific)	(All)
Shrimp/Prawns	Pink (Oregon), Spot (BC), Farmed Closed System (US), Northern (Canada Atlantic – trap)	All Other (Canada/US)	All Other Farmed
Squid	Longfin (US)	(All Other)	
Swordfish	Harpoon (Canada/Hawaii)	Longline (US)	(International), Longline (Canada)
Tilapia	Farmed (US)	Farmed (South America)	Farmed (Asia)
Trout, Rainbow	Farmed (US), Land Based Farmed (Canada)	Farmed Open Net (Canada)	
Tuna, Albacore	(Canada/US Pacific)	Longline (Hawaii)	Longline (International)
Tuna, Bigeye (Ahi)	Pole/Troll (US Atlantic)	Pole/Troll (International), Longline (US Atlantic)	Longline (International/Hawaii)
Tuna, Bluefin			(All)
Tuna, Canned	Albacore Chunk White (Canada/US 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 (International), Longline (US Atlantic/Hawaii)	Purse Seine/Longline (International)

* Visit seachoice.org for more details. **Can't find something? Go to SeaChoice.org for a full list!**