

SMART SHOPPER'S

FishPicks

from
THE GreenGUIDE

National Geographic, 432 W. 45th Street, New York, NY 10036
www.thegreenguide.com

NO Fish

Overfished, farmed destructively and/or high mercury (MM)

Arctic char (freshwater) MM	Opah MM
Bass/sea bass MM	Orange roughy MM
Catfish (wild) MM	Oysters (eastern, Gulf Coast)
Caviar (Russian/Iranian) L	PCBs, MM
Chilean sea bass MM	Pike MM
Cod (Atlantic) M	Pompano, Florida M
Conch, queen L	Rockfish (Pacific red snapper; trawl-caught) M
Crab, king (imported) L	Salmon (farmed) PCBs, Great Lakes M
Crawfish (farmed, imported) L	Scallops, sea (U.S., mid-Atlantic)
Croaker (Pacific) MM	Sea turtles
Flounder (Atlantic) PCBs L	Shark MM,
Grenadier	Shrimp (imported) L
Groupers MM	Skate M
Gulf corvina (white sea bass)	Snapper (red or imported) M
Haddock (trawl-caught) L	Sole (Atlantic) L
Hake, white	Sturgeon (wild-caught) L
Halibut (Atlantic) MM	Swordfish MM
Lobster (Caribbean) L	Tilapia (China, Taiwan farmed) L
Lobster, spiny (all imports but Australia) L	Tilefish MM
Mackerel, king and Spanish (Gulf of Mexico) MM	Totoaba
Mahimahi (imported longline) M	Tuna, albacore, bigeye, bluefin, yellowfin MM
Marlin MM	Turbot (Greenland halibut) L
Monkfish M	Yellow perch MM
Octopus (imported, trawl-caught) L	

Warnings are based on populations of highest concern (children and women who are pregnant, nursing or of childbearing age). To learn which fish from local water bodies are safe to eat, call your state department of health, or see epa.gov/waterscience/fish. Besides mercury, toxins can include PCBs, dioxins and pesticides.

For more information, go to www.thegreenguide.com.

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YES Fish

Low mercury (L), not over-fished or farmed destructively

Abalone (farmed) L
Anchovies L
Arctic char (farmed) L
Barramundi (U.S. farmed) L
Cattfish (U.S. farmed) L
Caviar (U.S. or French farmed) L
Clams, soft-shell and steamers (farmed) L
Crab, Dungeness (U.S., trap-caught) L
Crab, imitation (AK, wild-caught) L
Crab, snow (Canada) L
Crab, stone (FL) L
Crawfish (U.S. farmed) L
Croaker (Atlantic) L
Cuttlefish L
Herring L
Hoki L
Lobster, spiny/rock (U.S., Australia, Baja west coast) L
Mackerel, Atlantic (purse seine-caught) L
Mussels (U.S. farmed) L
Oysters (Pacific farmed) L
Pollock (AK, wild-caught) L
Prawn, spot (BC, wild-caught) L
Salmon (AK, wild-caught) L
Sardines L
Scad, big-eye and mackerel (HI)
Scallops, bay (U.S. farmed) L
Shrimp, pink (OR, wild-caught) L
Squid, longfin (U.S. Atlantic) L
Striped bass (farmed) L
Sturgeon (farmed) L
Tilapia (U.S. farmed) L
Trout, rainbow (U.S. farmed) L

SOMETIMES Fish

Recovering and/or moderate mercury (M) — once/month

Bluefish M
Calamari L
Clams (caught) L
Cod (Pacific) M
Crab, blue (Gulf Coast) M
Crab, king (AK) L
Crab, kona (HI, Australia) L
Crab, snow (AK) L
Flounder (Pacific) L
Haddock (hook and line)
Hake, silver, red and offshore (wild-caught) L
Halibut (Pacific, wild-caught) M
Jacksmelt M
Lobster, Maine M
Mackerel, Spanish (Atlantic) M
Mahimahi (troll-caught) M
Mussels, blue M
Octopus (HI, Gulf of California; wild-caught) L
Pomfret, big scale
Prawn, spot (U.S., wild-caught) L
Sablefish/black cod M
Salmon (CA, OR, WA; wild-caught) L
Sanddabs L
Scup/Porgy
Shrimp (U.S. Atlantic, U.S. Gulf of Mexico; farmed or trawl-caught) L
Shrimp, northern (Canadian and U.S. Atlantic; wild-caught) L
Sole (Pacific) L
Squid, jumbo (Gulf of California)
Tilapia (Central America farmed) L
Trevally L
Tuna (canned light) M
Tuna (troll-caught Pacific albacore) M