

## The Green Guide

### Smart Shopper's Card

#### FISH PICKS

##### YES Fish

##### **Low mercury, not overfished or farmed destructively:**

Abalone (farmed) L  
Anchovies L  
Arctic Char (Saltwater) L  
Catfish (farmed) L  
Caviar  
(US or French farmed) L  
Clams (farmed) L  
Crawfish L  
Croaker (Atlantic) L  
Cuttlefish L  
Herring L  
Hoki L  
Lobster, spiny/rock  
(US,Australia) L  
Rainbow Trout  
(farmed) L  
Salmon (wild Alaskan  
& Californian) L  
Sardines L  
Shrimp (trap caught) L  
Squid (Pacific) L  
Striped bass (farmed) L  
Sturgeon (farmed) L

##### SOMETIMES Fish

##### **Recovering populations and/or moderate mercury (recommended once/month):**

Bluefish M  
Clams (caught) L  
Cod (Pacific) M  
Crab, Blue (Gulf Coast) M  
Crab, Dungeness M  
Crab, imitation  
(pollock) M  
Crab, king (Alaskan) L  
Crab, snow L  
Flounder (Pacific) L  
Halibut (Alaskan) M  
Jacksmelt M  
Lobster (Maine) M  
Mackerel ,Spanish  
(Atlantic) M  
Mahimahi M  
Mussels, blue M  
Oyster (Eastern) M  
Pollock M  
Sablefish/black cod M  
Sanddabs L  
Scallops L  
Sole (Pacific) L  
Squid L  
Tilapia L  
Tuna (canned light) M

##### NO Fish

##### **Overfished, farmed destructively, high bycatch or moderate to high mercury:**

Bass/Sea bass MM  
Catfish (wild) MM  
Caviar (Russian/Iranian) L  
Arctic Char (freshwater) MM  
Chilean sea bass MM  
Cod (Atlantic) M  
Croaker (Pacific) MM  
Crab, king (imported) L  
Flounder (Atlantic) L  
Groupers MM  
Haddock L  
Halibut (Atlantic) MM  
Lobster, (Caribbean) L  
Mackerel,king & Spanish  
(Gulf of Mexico) MM  
Marlin MM  
Monkfish M  
Orange roughy MM  
Oysters (Gulf Coast) MM  
Pike MM  
Rockfish (rock cod, Pacific  
Red snapper) L  
Salmon (farmed) PCBs; Great  
Lakes M  
Shark MM  
Shrimp L  
Skate M  
Snapper (red or imported) M  
Sole (Atlantic) L  
Sturgeon (caught) L  
Swordfish MM  
Tilefish MM  
Tuna: albacore,bluefin, yellowfin  
MM

MM - Highest in mercury; children & women who are pregnant, nursing, or of childbearing age should avoid

M - Moderate mercury; children & women who are pregnant, nursing, or of childbearing age should limit to once per month

For more information go to

[www.thegreenguide.com](http://www.thegreenguide.com).

Last updated 6/30/04