

The Seafood Shopping List

OK TO EAT

Eat a variety of these fish up to twice a week. They have few or no toxins and are caught in ways that don't hurt the environment.

Bass, striped (farmed)

Catfish (U.S. farmed)

Caviar (from farmed sturgeon and rainbow trout)

Clams (farmed)

Crab, Dungeness

Crawfish (U.S. farmed)

Lobster, rock (Australia) or spiny (California)

Mussels (farmed)

Oysters (farmed)

Salmon, wild Alaskan (fresh, smoked, or canned)

Scallops, sea (diver-caught)

Shrimp, northern pink; and spot prawns (U.S. and Canada)

Shrimp, warm-water (U.S. farmed)

Tilapia (U.S. farmed)

Trout, brook and rainbow (farmed)

LIMIT CONSUMPTION

Limit consumption of these fish to once or twice a month (except where noted). Sensitive populations, such as young children and pregnant women, may choose to eat less.

Bass, striped (wild) M, P

Bluefish M,P

Cod (Pacific), once weekly

Crab, blue (from Mid-Atlantic to Gulf of Mexico) M, P

Crab, snow (U.S.), once weekly

Flounder (Pacific), once weekly

Fluke (Atlantic summer) P

Haddock BC

Hallibut (Pacific), once weekly M

Lobster (American/Maine), once weekly

Mackerel, Spanish M

Mahimahi, once weekly

Mussels, blue (wild) HD, P

Oysters (wild, Eastern U.S.) HO, P

Pollock (also used in imitation crab, fish sticks)

Sablefish (also called black cod)

Sardines P

Scallops, bay (imported, farmed)*

Scallops, sea (U.S. dredged) BC, HD

Shrimp/prawns (wild, U.S.), once weekly

Sole (Pacific) HD

Tuna, albacore, bigeye, yellowfin (troll- and pole-caught)
M Tuna, canned (albacore) M

Tuna, canned (chunk light), once weekly M

AVOID THESE FISH

They have moderate to high levels of toxins and/or are overfished, caught, or farmed in ways that hurt the environment. Women who are pregnant and nursing or planning a pregnancy, and children should not eat shark, swordfish, tilefish, or king mackerel.

Caviar (beluga, ostrya, sevruga) OF

Cod (Atlantic/Icelandic) OF, M

Crab, blue (Chesapeake Bay) HD, OF, M,P

Crab, king (imported) OF

Flounder (Atlantic) BC, HO, OF

Grouper OF,M

Hallibut (Atlantic) HO, OF,M

Mackerel, king QF,M

Marlin BC, M

Monkfish BC, HO, OF, M

Orange roughy BC, OF,M

Oysters, Gulf Coast M

Salmon (Atlantic, farmed) HO, P

Sea bass, Chilean (also called Patagonian or Antarctic toothfish) BC, OF, M

Shark BC,OF,M

Shrimp (imported, farmed, or wild) BC, HD

Snapper (U.S.) BC, OF,M

Sole (Atlantic) BC, HO, OF

Swordfish (Atlantic) BC, OF, M

Tilefish (also called golden bass or golden snapper) OF, M

Tuna, bluefin BC,OF,M

Legend

BC - Bycatch

HO - Habitat damage

OF - Overfished

M - Mercury

P - PCBs and pesticides