

One Fish, Two Fish...

Use this table, which is adapted from the National Geographic Seafood Decision Guide (ocean.nationalgeographic.com/ocean/take-action/seafood-decision-guide) to find fish that meet your needs. Green circles are best, yellow and orange are in between, and red are worst. (Grey means missing information.) Seafood in **bold** is low in mercury and has no red circles.

See key below for more details.

	Sustainability	Mercury	Omega-3	Food Chain
Anchovy, European	Yellow	Green	Green	Orange
Arctic char (farmed)	Green	Grey	Yellow	Red
Barramundi (US)	Green	Grey	Orange	Red
Black sea bass (US North Atlantic)	Yellow	Yellow	Yellow	Orange
Catfish (US)	Green	Green	Orange	Orange
Chilean sea bass/Toothfish	Red	Red	Yellow	Orange
Clams (farmed & US wild)	Green	Green	Orange	Yellow
Cod, Atlantic (Canada & US)	Red	Green	Orange	Red
Cod, Atlantic (imported)	Yellow	Green	Orange	Red
Cod, Pacific (US non-trawl)	Green	Yellow	Orange	Red
Cod, Pacific (US trawl)	Yellow	Yellow	Orange	Red
Crab, blue	Yellow	Yellow	Orange	Orange
Crab, Dungeness	Green	Yellow	Orange	Yellow
Crab, king (US)	Yellow	Green	Orange	Yellow
Crab, red king (Russia)	Red	Green	Orange	Yellow
Crab, snow	Yellow	Yellow	Grey	Yellow
Crab, stone	Green	Green	Grey	Yellow
Crayfish/Crawfish (China farmed)	Red	Green	Orange	Yellow
Crayfish/Crawfish (US farmed)	Green	Green	Orange	Yellow
Eel, freshwater (farmed)	Red	Green	Orange	Orange
Flounders (Canada & US)	Yellow	Yellow	Orange	Orange
Grouper (US Atlantic)	Red	Red	Orange	Orange
Grouper, red (US Gulf of Mexico)	Yellow	Red	Orange	Orange
Haddock	Yellow	Yellow	Orange	Red
Halibut, Atlantic	Red	Green	Orange	Red
Halibut, Pacific (US)	Green	Yellow	Orange	Red
Herring, Atlantic (US)	Yellow	Green	Green	Orange
Lobster, American/Maine	Yellow	Yellow	Orange	Orange
Lobster, spiny (Brazil)	Red	Green	Orange	Yellow
Lobster, spiny (CA, FL, & Mexico)	Green	Green	Orange	Yellow
Mackerel, Spanish (US)	Green	Red	Green	Red

	Sustainability	Mercury	Omega-3	Food Chain
Mahi mahi (imported)	Red	Grey	Orange	Red
Mahi mahi (US)	Yellow	Grey	Orange	Red
Monkfish (US)	Yellow	Yellow	Grey	Red
Mussels (farmed)	Green	Green	Orange	Yellow
Octopus	Red	Grey	Orange	Orange
Orange roughy	Red	Red	Orange	Orange
Oysters (farmed & wild)	Green	Green	Orange	Yellow
Pangasius/Basa/Swai	Yellow	Grey	Orange	Orange
Pollock, Alaska (US)	Yellow	Green	Orange	Orange
Sablefish/Black cod (AK & Canada)	Green	Yellow	Green	Orange
Sablefish/Black cod (CA, OR, & WA wild)	Yellow	Yellow	Green	Orange
Salmon (AK wild)	Green	Green	Green	Orange
Salmon (CA, OR, & WA wild)	Yellow	Green	Green	Orange
Salmon (farmed, including Atlantic)	Red	Green	Green	Red
Sardines, Pacific (Canada & US)	Green	Green	Green	Yellow
Scallops (farmed)	Green	Green	Orange	Yellow
Scallops (wild)	Yellow	Green	Orange	Yellow
Sharks	Red	Red	Yellow	Red
Shrimp (Canada & US wild)	Yellow	Green	Orange	Yellow
Shrimp (imported)	Red	Green	Orange	Yellow
Shrimp, pink (OR)	Green	Green	Orange	Orange
Snapper, red (US)	Red	Yellow	Orange	Red
Soles (Canada & US)	Yellow	Green	Orange	Orange
Squid	Yellow	Green	Orange	Orange
Striped bass (farmed)	Green	Green	Yellow	Orange
Striped bass/Rockfish (US hook & line)	Green	Yellow	Yellow	Red
Swordfish (imported)	Red	Red	Yellow	Red
Swordfish (US)	Yellow	Red	Yellow	Red
Tilapia (China & Taiwan)	Yellow	Green	Orange	Yellow
Tilapia (Ecuador & US farmed)	Green	Green	Orange	Yellow
Trout, rainbow (US farmed)	Green	Green	Yellow	Orange
Tuna, canned, albacore	Red	Red	Yellow	Red
Tuna, canned, light	Red	Yellow	Orange	Red
Tuna, canned, albacore (troll/pole)	Green	Red*	Yellow	Red
Tuna, canned, light (troll/pole)	Green	Yellow	Orange	Red
Tuna—albacore, bigeye, bluefin	Red	Red	Yellow	Red
Tuna—skipjack, yellowfin	Red	Yellow	Orange	Red
Yellowtail (Australia & Japan farmed)	Red	Grey	Grey	Red
Yellowtail (California)	Yellow	Grey	Grey	Red

*An industry-funded study found average mercury levels in the "moderate" range.

Key

Sustainability Ranking	Best (Green)	Good (Yellow)	Avoid (Red)	
Mercury Level	Low (Green)	Moderate (Yellow)	High (Red)	
Omega-3 Content	High (Green)	Adequate (Yellow)	Low (Orange)	
Food-Chain Level	1 (Green)	2 (Yellow)	3 (Orange)	4 (Red)

See www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_RecommendationProcess.pdf.
 ● less than 0.1 parts per million, ● between 0.1 and 0.3 ppm, ● above 0.3 ppm.
 ● takes one 6 oz. serving a week to get an average of 250 mg a day of omega-3, ● takes 2 servings a week, ● takes more than 2 servings a week.
 See "What We Eat Makes a Difference," p. 6.