



Best Fish for Your Health and the Sea's

By The Green Guide Editors (National Geographic)

Fish provide essential nutrients and fatty acids—especially for developing bodies and brains and make a perfect protein-filled, lean meal whether grilled, baked, poached or served as sushi. Yet overfishing, habitat loss and declining water quality have wreaked havoc on many fish populations. Furthermore, many are contaminated with brain-damaging mercury and other toxic chemicals. If the pickings appear slim, check out our "Yes" fish where you'll find many options available. As for our "Sometimes" fish, these may be eaten occasionally, while "No" fish should be avoided entirely.



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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 www.epa.gov/waterscience/fish. Besides mercury, toxins can include PCBs, dioxins and pesticides.

In compiling this list, the Green Guide referred to resources at the web sites of the Food and Drug Administration, Monterey Bay Aquarium, Environmental Working Group, Environmental Defense Foundation and Oceana among others.

YES Fish

Low mercury (L), not overfished or farmed destructively

- Abalone (farmed) L
- Anchovies L
- Arctic char (farmed) L
- Barramundi (U.S. farmed) L
- Catfish (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
- Cuttlefish L
- Herring (Atlantic)
- 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
- Scallops, bay (U.S. farmed) L
- Shrimp, pink (OR, wild caught) L
- Squid, longfin (U.S. Atlantic) L
- Striped bass (farmed) L
- Tilapia (U.S. farmed) L
- Trout, rainbow (U.S. farmed) L

SOMETIMES Fish

(once/month)

Recovering and/or moderate mercury (**M**)

Black Sea Bass	Octopus (HI, Gulf of California; wild caught) L
Bluefish M	Pomfret, big scale
Calamari L	Prawn, spot (U.S., wild caught) L
Clams (caught) L	Round whitefish (Lake Huron, Lake Michigan)
Cod (Pacific) M	Sablefish/black cod M (best if from Alaska or Canada)
Crab, blue (Gulf Coast) M	Salmon (CA, OR,WA; wild caught) L
Crab, king (AK) L	Sanddabs L
Crab, Kona (HI, Australia) L	Scup/Porgy
Crab, snow (AK) L	Shrimp (U.S. Atlantic, Gulf of Mexico; farmed or trawl caught) L
Croaker (Atlantic) L	Shrimp, northern (Canadian and U.S. Atlantic; wild caught) L
Flounder (Pacific) L	Sole (Pacific) L
Haddock (hook and line)	Squid, jumbo (Gulf of California)
Hake, silver, red and offshore (wild-caught) L	Tilapia (Central America farmed) L
Halibut (Pacific, wild caught) M	Trevally L
Jacksmelt M	Tuna (canned light) M
Lake Trout (Lake Superior) high PCBs	Tuna (troll caught Pacific albacore) M
Lake Whitefish high PCBs	Yellow Perch (Lake Huron, Lake Ontario)
Lingcod	Wahoo
Lobster, Maine M	Mussels, blue M
Mackerel, Spanish (Atlantic) M	Octopus (HI, Gulf of California; wild caught) L
Mahimahi (troll caught) M	Pomfret, big scale
Mussels, blue M	

NO Fish

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

Alewife, River Herring	Octopus (imported, trawl caught) L
Arctic char (freshwater) MM	Opah MM
Basa (China farmed)	Orange roughy MM
Bass/sea bass (wild) MM	Oysters (eastern, Gulf Coast)
Catfish (China farmed)	Paddlefish (wild)
Catfish (wild) MM	Pike MM
Caviar (Russian/Iranian) L	Pompano, Florida M
Chilean sea bass MM	Rockfish (Pacific red snapper; trawl caught) M
Cod (Atlantic) M	Salmon (Atlantic farmed) high PCBs, Great Lakes M
Conch, queen L	Sea Scallops (Mid Atlantic)
Crab, king (imported) L	Sea turtles
Crawfish (farmed, imported) L	Shad
Croaker (Pacific) aka White Croaker MM	Shark MM
Dace (China farmed)	Shrimp (imported) L
Eel (American and European)	Skate M
Eel (China farmed)	Snapper (mutton)
Flounder (Atlantic) PCBs L	Snapper (imported, red, silk, vermilion, yellowtail) M
Grenadier	Sole (Atlantic) L
Groupers MM	Spotted Sea trout
Gulf corvina (white sea bass)	Sturgeon (Atlantic, wild caught imported)
Haddock (trawl caught) L	Swordfish MM
Hake, white	Tilapia (China, Taiwan farmed) L
Halibut (Atlantic) MM	Tilefish MM
Lake Trout (Lake Huron, Lake Michigan) high PCBs	Totoaba
Lobster (Caribbean) L	Tuna, canned white, albacore, bigeye, bluefin, yellowfin MM
Lobster, spiny (all imports but Australia) L	Turbot (Greenland halibut) L
Mackerel, king and Spanish (Gulf of Mexico) MM	Yellow perch MM
Mahimahi (imported long-line) M	Walleye MM
Marlin MM	Weakfish
Monkfish M	