When shopping for seafood, please first consider items that are...
good for your health
farmed or fished responsibly
ocean-friendly

Rich in Omega-3s = 🍃
High in Omega-6s = 🍄

Best Choices
Salmon (wild) (farmed: generally bad; 🍃 one exception: SweetSpring)
Black cod/sablefish 🍃
Sardines 🍃

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**Good choices**
- Herring: Atlantic
- Pollock (Alaska wild)
- Arctic Char (farmed)
- Trout: Rainbow (farmed)
- Cod: Pacific (Alaska longline)
- Halibut: Pacific (small fish only)
- Clams (farmed)
- Crab: Dungeness, Stone
- Lobster: Spiny (US – identifiable by large claw)
- Mussels (farmed)
- Oysters (farmed)
- Scallops: Bay (farmed)
- Prawns (Pacific spot)

**Acceptable alternatives**
- Tuna: Albacore (US, British Columbia troll/pole)
- Tuna: Skipjack (troll/pole)
- Tilapia (US farmed)
- Catfish (US farmed)

- Lobster: American/Maine
- Mahi Mahi/Dolphinfish (US)
- Scallops: Sea
- Shrimp (US farmed or wild)
- Squid
- Swai, Basa (farmed)
- Tuna: Bigeye, Yellowfin (troll/pole)
- Tuna: Canned light, canned, Yellowtail (US farmed)