

GO FISH!

Fish Labeling:

Fish cannot be labeled “organic.”

Best label to look for is “MSC-certified” This means that the supplier has been certified as sustainable from the Marine Stewardship Council (msc.org)

| Most eco-friendly choices: | Worst eco-friendly choices: |
|-----------------------------------|------------------------------------|
| Abalone (farmed) | Chilean Seabass |
| Barramundi (US farmed) | Cod: Atlantic |
| Catfish (US farmed) | Crab: King (Imported) |
| Clams, mussels, oysters (farmed) | Dogfish (US) |
| Cod: Pacific | Lobster: Spiny (Caribbean) |
| Crab: Dungeness | Mahi Mahi (Imported) |
| Halibut: Pacific | Monkfish |
| Lobster: Spiny (US) | Orange Roughy |
| Pollock: (Alaska wild) | Rockfish (trawled) |
| Rockfish (Black CA OR) | Salmon (farmed) |
| Sablefish/Black Cod (Alaska) | Shrimp (Imported, farmed or wild) |
| Salmon (Alaska wild) | Swordfish (Imported) |
| Sardines | Tuna: Albacore, Bigeye, Yellowfin |
| Scallops: Bay (farmed) | Tuna: Bluefin |
| Shrimp: Pink (OR) | |
| Striped Bass (farmed) | |
| Sturgeon, Cavier (farmed) | |
| Tilapia: (US farmed) | |
| Trout: Rainbow (farmed) | |
| Tuna: Albacore (US troll/pole) | |
| Tune: Skipjack (troll/pole) | |
| White Seabass | |