Why do your seafood choices matter?

Worldwide, the demand for seafood is increasing. Yet many populations of the seafood we enjoy eating are overfished. In the United States, we import more than 80 percent of our seafood to meet the demand. Destructive fishing and fish-farming practices only add to the problem.

By purchasing seafood caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

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You can make a difference

Support ocean-friendly seafood in three easy steps:

1. Purchase seafood from the green or yellow list, or look for the Marine Stewardship Council blue eco-label in stores and restaurants.
2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.
3. Tell your friends about Right Bite. The more people who ask for ocean-friendly seafood, the better!

Shedd AQUARIUM

Learn more

Shedd Aquarium's Right Bite program is based on research conducted by Monterey Bay Aquarium Seafood Watch® scientists.

MONTEREY BAY AQUARIUM Seafood WATCH

Seafood Watch® is a registered servicemark of the Monterey Bay Aquarium Foundation.

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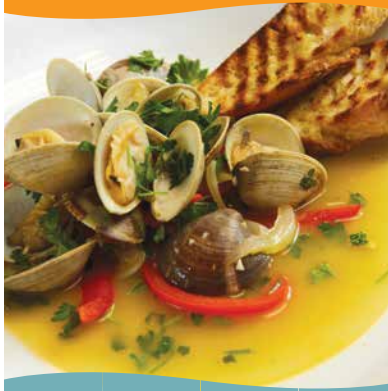
For more information about Shedd's Right Bite program, please visit *www.sheddaquarium.org/rightbite*.

SHEDD AQUARIUM

Right Bite



Sustainable Seafood Guide

BEST CHOICES

Arctic Char (farmed)
Barramundi (US farmed)
Bass: Striped (US hook & line*, US farmed)
Catfish (US farmed)
Clams, Mussels, Oysters
Cobia (US farmed)
Cod: Pacific (US, except trawl)
Crab: Dungeness (US, except AK), Stone
Halibut (US Pacific)
Lobster: Spiny (CA, FL & Mexico)
Mahi Mahi (US Atlantic troll/pole)
Perch: Yellow (Lake Erie, US farmed)
Sablefish/Black Cod (AK & Canada)
Salmon (AK)
Sardines (Canada & US Pacific)
Scallops (farmed)
Shrimp: Pink (OR)
Swordfish (Canada & US harpoon or hand-line)*
Tilapia (Ecuador & US)
Trout: Rainbow (US farmed)
Tuna: Albacore/White Canned (Canada & US troll/pole)
Tuna: Skipjack/Light Canned (US troll/pole)
Tuna: Yellowfin (US troll/pole)
Whitefish: Lake (Lakes Huron & Superior, Lake Michigan trap-net)
Wreckfish (US Atlantic)

GOOD ALTERNATIVES

Basa/Pangasius/Swai
Caviar: Sturgeon (US farmed)
Cod: Pacific (US trawl)
Crab: Blue (US), King (US) & Snow
Flounder (US), Sole (US Pacific)
Grouper: Black, Red (US Gulf of Mexico)*
Herring: Atlantic (US), Lake (Lake Superior)
Lobster: American (US), Spiny (Bahamas)
Mahi Mahi (US)
Monkfish (US)
Perch: Yellow (Lakes Huron & Ontario)
Pollock: Alaska (US), Atlantic (Canada & US)
Red Porgy (US), Scup (US Atlantic)
Salmon (CA, OR & WA)
Salmon: Verlasso® brand (Chile farmed)
Scallops
Shrimp (Canada & US, except LA)
Snapper: Gray, Silk, Vermilion, Yellowtail (US)
Snapper: Red (US Gulf of Mexico)
Squid (US)
Sturgeon (US farmed)
Swordfish (US longline)*
Tilapia (China & Taiwan)
Trout: Lake (Lakes Huron & Superior)
Tuna: Albacore/White Canned (troll/pole, US longline*)
Tuna: Skipjack/Light Canned (troll/pole, US longline)

GOOD ALTERNATIVES continued

Tuna: Bigeye, Yellowfin (troll/pole, US longline*)
Walleye (Lake Erie)*
Whitefish: Lake (Lake Erie & Lake Michigan gillnet)

AVOID

Caviar: Paddlefish (US), Sturgeon
Cod: Atlantic (Canada & US trawl)
Cod: Pacific (imported)
Crab: Red King (Russia)
Grouper (US Atlantic)*
Lobster: Spiny (Brazil)
Mahi Mahi (imported, except troll/pole)
Orange Roughy*
Salmon: Atlantic (farmed)
Shark*
Shrimp (LA & imported)
Skate (US Atlantic)
Snapper: Red (US)
Sturgeon (imported)*
Swordfish (imported)*
Trout: Lake (Lake Michigan)
Tuna: Albacore*, Bigeye*, Blackfin*, Bluefin*, Tongol, Skipjack, Yellowfin*

Support ocean-friendly seafood

BEST CHOICES are managed well and caught or farmed in environmentally friendly ways.

GOOD ALTERNATIVES are also an option, but be aware that there are concerns with how they're caught or farmed.

AVOID these items for now. They may be overfished or caught or farmed in ways that harm other wildlife or their habitats.

* Limit consumption due to concerns about mercury content. Visit www.edf.org/seafoodhealth.

Recommendations intended as general guidelines for the Chicago region. For a complete listing of assessed fisheries and farms, visit *www.seafoodwatch.org*