

Why Do Your Seafood Choices Matter?

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

By purchasing fish 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 list or, if unavailable, the yellow list. 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 that ask for ocean-friendly seafood, the better!



Stewardship Council
blue eco-label in stores
and restaurants.

Learn More

Shedd Aquarium's Right Bite program is based on research conducted by Monterey Bay Aquarium Seafood Watch® scientists. For more information about your favorite seafoods, including items not listed here, visit www.seafoodwatch.org.



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



SHEDD AQUARIUM

Right Bite



Sustainable Seafood Guide

BEST CHOICES

Abalone (farmed)
Arctic Char (farmed)
Barramundi (US farmed)
Catfish (US farmed)
Clams (farmed)
Cobia (US farmed)
Cod: Pacific (Alaska longline)+
Crab: Dungeness, Stone
Halibut: Pacific+
Lobster: Spiny (US)
Mussels (farmed)
Oysters (farmed)
Perch: Yellow (Lake Erie)
Sablefish/Black Cod/Butterfish
(Alaska+, British Columbia)
Salmon (Alaska wild)+
Shrimp: Pink (Oregon wild)+
Scallops: Bay (farmed)
Striped Bass (farmed or wild*)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (troll/pole, US+ or British Columbia)
Tuna: Skipjack (troll/pole)
Whitefish: Lake (trap net)*
White Seabass
Wreckfish

GOOD ALTERNATIVES

Caviar, Sturgeon (US farmed)
Clams, Oysters (wild)
Cod: Pacific (US trawled)
Crab: Blue*, King (US), Snow
Flounders, Soles (Pacific)
Herring: Atlantic, Lake
Lobster: American/Maine
Mahi mahi/Dolphinfish (US)
Ono/Wahoo*
Opah (Hawaii)
Perch: Yellow (Lake Huron and Ontario)
Pollock (Alaska wild)+
Scallops: Sea (wild)
Shrimp (US, Canada)
Smelt: Rainbow
Squid
Swai, Basa (farmed)
Swordfish (US)*
Tilapia (Central America farmed)
Trout: Lake (Lake Superior)*
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: canned Skipjack and Albacore*
Walleye*
Whitefish: Lake (Lake Erie gillnet)*, Round

AVOID

Caviar, Sturgeon* (imported wild)
Chilean Seabass/Toothfish*
Cod: Atlantic, imported Pacific
Crab: King (imported)
Flounders, Halibut, Soles (Atlantic)
Grouper*
Lobster: Spiny (Caribbean)
Mahi mahi/Dolphinfish (imported)
Marlin: Striped*, Blue* (imported)
Monkfish
Orange Roughy*
Rockfish (Pacific trawled)*
Salmon (farmed, including Atlantic)*
Sharks*
Shrimp (imported)
Snapper: Red
Swordfish (imported)*
Tilapia (Asia farmed)
Trout: Lake (Lake Huron and Michigan)*
Tuna: Albacore, Bigeye, Yellowfin (longline)*
Tuna: Bluefin*, Tongol, canned
(except Albacore and Skipjack)
Yellowtail (imported farmed)

Support Ocean-Friendly Seafood

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

GOOD ALTERNATIVES are an option, but there are concerns with how they're caught or farmed — or with the health of their habitat due to other human impacts.

AVOID for now as these items are caught or farmed in ways that harm other marine life or the environment.

Key

- * Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth.
- + Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org.

Seafood may appear in more than one column.