

Alternative Choices

This chart provides an alternative list to the fish listed in the "Avoid" category on our Right Bite pocket guides. For more information on the Right Bite program, visit <http://www.sheddaquarium.org>.

AVOID	BEST CHOICES
Caviar (wild caught)	Caviar (farmed)
Chilean Seabass/Toothfish	Sablefish/Black Cod/Butterfish, Pomfret (BC, AK), Barramundi (US farmed)
Cod: Atlantic	Cod: Pacific; Pollock (AK)
Crab: King (imported)	Crab: Dungeness, Snow (Canada), Stone
Flounders: Atlantic except Summer/Fluke	Halibut: Pacific
Groupers	Striped Bass (farmed or wild caught)
Halibut: Atlantic	Halibut: Pacific
Monkfish	Sablefish/Black Cod/Butterfish (BC, AK)
Orange Roughy	Tilapia (US farmed)
Rockfish: Pacific	Halibut: Pacific
Salmon (farmed, including Atlantic)	Salmon (wild caught from AK); Arctic Char (farmed)
Sharks	Sturgeon (US farmed)
Shrimp (imported farmed or trawl caught)	Shrimp (trap caught)
Snapper: Red	Tilapia (US farmed)
Soles: Atlantic	Halibut: Pacific
Sturgeon (imported wild-caught)	Sturgeon (US farmed)
Swordfish (imported)	Sturgeon (US farmed)
Tuna: Bluefin	Tuna: Albacore (US & BC troll/pole caught)