

Best Fish for Your Health and the Sea's

By The Green Guide Editors (National Geographic)

Fish provide essential nutrients and fatty acids—especially for developing bodies and brains and make a perfect protein-filled, lean meal whether grilled, baked, poached, or served as sushi. Yet overfishing, habitat loss and declining water quality have wreaked havoc on many fish populations. Furthermore, many are contaminated with brain-damaging mercury and other toxic chemicals. If the pickings appear slim, check out our **"Yes"** fish where you'll find many options available. As for our **"Sometimes"** fish, these may be eaten occasionally, while **"No"** fish should be avoided entirely.



Photograph Courtesy Shutterstock Images

Warnings are based on populations of highest concern (children and women who are pregnant, nursing, or of childbearing age). To learn which fish from local water bodies are safe to eat, call your state department of health, or see www.epa.gov/waterscience/fish. Besides mercury, toxins can include PCBs, dioxins, and pesticides.

In compiling this list, the Green Guide referred to resources at the web sites of the Food and Drug Administration, Monterey Bay Aquarium, Environmental Working Group, Environmental Defense Foundation and Oceana among others.

YES Fish

Low mercury (L), not overfished, or farmed destructively

- | | |
|--|--|
| Abalone (farmed) L | Lobster, spiny/rock (U.S., Australia, Baja west coast) L |
| Anchovies L | Mackerel, Atlantic (purse seine caught) L |
| Arctic char (farmed) L | Mussels (U.S. farmed) L |
| Barramundi (U.S. farmed) L | Oysters (Pacific farmed) L |
| Catfish (U.S. farmed) L | Pollock (AK, wild caught) L |
| Caviar (U.S. or French farmed) L | Prawn, spot (BC, wild caught) L |
| Clams, soft shell, and steamers (farmed) L | Salmon (AK, wild caught) L |
| Crab, Dungeness (U.S. , trap-caught) L | Sardines L |
| Crab, imitation (AK, wild caught) L | Scallops, bay (U.S. farmed) L |
| Crab, snow (Canada) L | Shrimp, pink (OR, wild caught) L |
| Crab, stone (FL) L | Squid, longfin (U.S. Atlantic) L |
| Crawfish (U.S. farmed) L | Striped bass (farmed) L |
| Cuttlefish L | Tilapia (U.S. farmed) L |
| Herring (Atlantic) | Trout, rainbow (U.S. farmed) L |
| Hoki L | |

SOMETIMES Fish

(once/month)

Recovering and/or moderate mercury (**M**)

| | |
|--|---|
| Black Sea Bass | Octopus (HI, Gulf of California; wild caught) L |
| Bluefish M | Pomfret, big scale |
| Calamari L | Prawn, spot (U.S., wild caught) L |
| Clams (caught) L | Round whitefish (Lake Huron, Lake Michigan) |
| Cod (Pacific) M | Sablefish/black cod M (best if from Alaska or Canada) |
| Crab, blue (Gulf Coast) M | Salmon (CA, OR, WA; wild caught) L |
| Crab, king (AK) L | Sanddabs L |
| Crab, Kona (HI, Australia) L | Scup/Porgy |
| Crab, snow (AK) L | Shrimp (U.S. Atlantic, Gulf of Mexico; farmed or trawl caught) L |
| Croaker (Atlantic) L | Shrimp, northern (Canadian and U.S. Atlantic; wild caught) L |
| Flounder (Pacific) L | Sole (Pacific) L |
| Haddock (hook and line) | Squid, jumbo (Gulf of California) |
| Hake, silver, red, and offshore (wild-caught) L | Tilapia (Central America farmed) L |
| Halibut (Pacific, wild caught) M | Trevally L |
| Jacksnelt M | Tuna (canned light) M |
| Lake Trout (Lake Superior) high PCBs | Tuna (troll caught Pacific albacore) M |
| Lake Whitefish high PCBs | Yellow Perch (Lake Huron, Lake Ontario) |
| Lingcod | Wahoo |
| Lobster, Maine M | Mussels, blue M |
| Mackerel, Spanish (Atlantic) M | Octopus (HI, Gulf of California; wild caught) L |
| Mahimahi (troll caught) M | Pomfret, big scale |
| Mussels, blue M | |

NO Fish

Overfished, farmed destructively and/or high mercury (**MM**)

| | |
|--|--|
| Alewife, River Herring | Octopus (imported, trawl caught) L |
| Arctic char (freshwater) MM | Opah MM |
| Basa (China farmed) | Orange roughy MM |
| Bass/sea bass (wild) MM | Oysters (eastern, Gulf Coast) |
| Catfish (China farmed) | Paddlefish (wild) |
| Catfish (wild) MM | Pike MM |
| Caviar (Russian/Iranian) L | Pompano, Florida M |
| Chilean sea bass MM | Rockfish (Pacific red snapper; trawl caught) M |
| Cod (Atlantic) M | Salmon (Atlantic farmed) high PCBs, Great Lakes M |
| Conch, queen L | Sea Scallops (Mid Atlantic) |
| Crab, king (imported) L | Sea turtles |
| Crawfish (farmed, imported) L | Shad |
| Croaker (Pacific) aka White Croaker MM | Shark MM |
| Dace (China farmed) | Shrimp (imported) L |
| Eel (American and European) | Skate M |
| Eel (China farmed) | Snapper (mutton) |
| Flounder (Atlantic) PCBs L | Snapper (imported, red, silk, vermillion, yellowtail) M |
| Grenadier | Sole (Atlantic) L |
| Grouper MM | Spotted Sea trout |
| Gulf corvina (white sea bass) | Sturgeon (Atlantic, wild caught imported) |
| Haddock (trawl caught) L | Swordfish MM |
| Hake, white | Tilapia (China, Taiwan farmed) L |
| Halibut (Atlantic) MM | Tilefish MM |
| Lake Trout (Lake Huron, Lake Michigan) high PCBs | Totoaba |
| Lobster (Caribbean) L | Tuna, canned white, albacore, bigeye, bluefin, yellowfin MM |
| Lobster, spiny (all imports but Australia) L | Turbot (Greenland halibut) L |
| Mackerel, king, and Spanish (Gulf of Mexico) MM | Yellow perch MM |
| Mahimahi (imported long-line) M | Walleye MM |
| Marlin MM | Weakfish |
| Monkfish M | |