


# Ranking Codes



**Green = Best Choice**

Best Choice seafood is well managed, abundant, and caught or farmed in environmentally sustainable ways.



**Yellow = Some Concerns**

Some Concerns seafood should be consumed infrequently, or when a green choice is not available. There are concerns with abundance, management, or impacts on habitat or other marine life.



**Red = Avoid**

Avoid seafood items from this list for now. They come from farmed or wild sources with a combination of critical problems—habitat damage, lethal impacts on other species, critically low populations, or poor management.

\* Learn more about credible third party certifications at [SeaChoice.org](http://SeaChoice.org)

Fish	Best Choice	Some Concerns	Avoid
<b>Arctic Char</b>	Farmed		
<b>Barramundi</b>	Farmed, Closed Sys (US), <i>Australis</i> (Vietnam)	Farmed, Closed Sys (Australia)	Farmed, Open System (All)
<b>Basa/Pangasius</b>			(Vietnam*)
<b>Catfish</b>	Farmed (US)		
<b>Chilean Seabass</b>			All*
<b>Clams /Mussels</b>	Farmed	Wild	
<b>Atlantic Cod</b>	Hook and Line (Russia, Iceland)	Hook and Line (US Georges Bank & Canada exc Georges Bank), Trawl (Russia, Iceland)	All Other (Canada/US)
<b>Pacific Cod</b>	Longline, Pot, Hook and Line (Alaska)	Bottom Trawl (US/BC)	(Russia/Japan)
<b>Crab</b>	<i>Snow</i> (Alaska, Gulf of St. Lawrence), <i>Stone</i> (Florida/US Atlantic)	<i>Dungeness</i> (US/Canada), <i>King</i> (US), <i>Snow</i> (Rest of Canada)	<i>King</i> (Russia), <i>Jonah</i> (US/Canada)
<b>Flounder/Sole</b>	Several options exist across all colour categories, please visit <a href="http://SeaChoice.org">SeaChoice.org</a> for more detail		
<b>Haddock</b>		Bottom Longline (Canada), Bottom Trawl (US Georges Bank/Canada/Iceland), Handline (US Georges Bank)	Handline, Trawl (US Gulf of Maine)
<b>Halibut</b>		<i>Pacific*</i> , <i>Farmed Atlantic</i>	<i>Atlantic</i> (Trawl)
<b>Lingcod</b>	Troll (Canada), Bottom Longline, Trawl (US)	Longline, Trawl (Canada), Hook and Line (US)	
<b>Lobster</b>	<i>Spiny</i> (Mexico)	<i>American</i> (Canada/US), <i>Spiny</i> (US, Bahamas)	<i>Spiny</i> (Brazil)
<b>Mackerel</b>	<i>King</i> (US), <i>Spanish</i> (US), <i>Atlantic</i> (Canada)	<i>Atlantic</i> (US)	
<b>Mahi Mahi</b>	Troll/Pole (US Atlantic)	Longline and Other (US)	Longline (International)
<b>Oysters</b>	All		
<b>Pollock</b>		Atlantic, Pacific (Alaska)	
<b>Rockfish/Pacific Snapper</b>	Several options exist across all colour categories, please visit <a href="http://SeaChoice.org">SeaChoice.org</a> for more detail		
<b>Sablefish</b>	All Gear (Alaska), Pot (US West Coast)	All Gear (Canada), Longline, Trawl (US West Coast)	
<b>Salmon</b>	Wild (Alaska), Closed Containment Farmed (Worldwide), Open Net Pen Farmed (NZ)	Wild (BC*, Washington, Oregon)	Open Net Pen Farmed (All Regions)
<b>Sardines</b>	<i>Pacific</i> (Canada/US)		<i>Atlantic</i> (Mediterranean)
<b>Scallops</b>	Farmed Off Bottom, Wild <i>Weathervane</i> (Alaska), <i>Pink</i> (BC), <i>Spiny</i> (BC)	Farmed Dredge, Wild (All Other)	
<b>Shark/Skate</b>	<i>Dogfish</i> , <i>Spiny</i> (US)	<i>Dogfish</i> , <i>Spiny</i> (Canada Pacific)	(All Other)
<b>Shrimp/Prawns</b>	<i>Spot</i> (BC), <i>Selva</i> , Farmed Closed System, <i>Northern</i> (Alaska)	All Other (Canada/US), Farmed Infringent Exchange (Thailand), <i>Pink</i> (Oregon), <i>White</i> (Ecuador)	(All Other*)
<b>Squid</b>	<i>Humboldt</i> (Mexico)	<i>Shortfin</i> , <i>Longfin</i> (US Atlantic), <i>Market</i> (California)	
<b>Swordfish</b>	Harpoon/Handline (Canada/US Atlantic, Hawaii)	Longline (US), Harpoon/Handline (West/Central Pacific)	Longline (International)
<b>Tilapia</b>	Farmed (US, Ecuador)	Farmed (China, Taiwan)	
<b>Trout, Rainbow</b>	Farmed (US)		
<b>Tuna, Albacore</b>	Troll/Pole (Canada, US Pacific, South Pacific)	Longline (US Atlantic/Hawaii)	Longline (Int.), All Gear (South Atlantic), Purse Seine-FAD
<b>Tuna, Bigeye (Ahi)</b>		Pole/Troll (International), Longline (US Atlantic/Hawaii)	Longline (Int1/Hawaii)
<b>Tuna, Bluefin</b>			(All)
<b>Tuna, Canned</b>	<i>Albacore</i> Chunk White (Canada/US Pacific)	<i>Albacore</i> Chunk White Pole/Troll (International), <i>Skipjack</i> Pole/Troll and FAD-Free	Chunk Light/White (All exc. Pole/Troll)
<b>Tuna, Skipjack</b>	Pole/Troll (East Pacific)	Pole/Troll (W. Central Pacific, Atlantic), Longline (US/Hawaii), Seine FAD-Free	Purse Seine—FAD
<b>Tuna, Yellowfin (Ahi)</b>		Pole/Troll, Longline (Hawaii), FAD—Free Purse Seine (Pacific, Indian Ocean)	Purse Seine (All Other), Longline (All exc. Hawaii)

## Your choice for healthy oceans

### Your Seafood Choices are Part of the Solution.

Choosing green-listed “Best Choice” and avoiding red-listed seafood helps support responsible fishing and farming practices. Vote with your wallet and reward seafood providers who are doing the right thing. This helps ensure enough fish remain in the ocean for years to come.

**Download** our free iPhone app: search “SeaChoice” in the app store.  
**Learn** about seafood health issues at [edf.org/seafoodhealth](http://edf.org/seafoodhealth).  
**Learn** about MSC & other third party certifications at [msc.org](http://msc.org) & [SeaChoice.org](http://SeaChoice.org).

## How To Use This Card

The table on the reverse ranks seafood as Best Choice, Some Concerns or Avoid. Depending on where the fish was caught or what gear was used, some species may show up in more than one column. Additional information is included to assist you in making a better choice. Canadians want their seafood to be properly labelled to help make these smart choices. If your seafood supplier doesn't know the answers, keep asking so they know that this information is important to customers.

A few important questions to ask:

- What species is this?
- Where was it caught or farmed?
- Is this seafood wild or farmed?
- How was it caught or farmed?

### Avoid these red-listed:

Chilean SeaBass/Monkfish

Yellowfin Tuna

Atlantic Salmon

### Try these alternatives:

Sablefish

Pacific Albacore (BC/US)

Land Farmed Coho or Arctic Char

Created in collaboration with [Monterey Bay Aquarium](http://Monterey Bay Aquarium) Seafood Watch

### SeaChoice Member Organizations:



Make smart seafood decisions for today and tomorrow