

## Healthy Choices for Healthy Oceans

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Your consumer power can help the health of our oceans. Many Canadians are eating seafood for its health benefits. By buying green-listed seafood you are supporting sustainable fishing that can be maintained for years to come.

But don't stop here! Share your seafood smarts—download copies of Canada's Seafood Guide for your friends and get action updates at [www.seachoice.org](http://www.seachoice.org)

## How To Use This Card

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Keep this wallet card with you—it will help you make more sustainable seafood choices. Some seafoods are listed in more than one column: look for the bolded term that shows where it is from or how it was caught. When you shop and dine, always ask:

- What type of seafood is this?
- Where was it fished or farmed?
- How was it caught or farmed?

Then check the listings on the card and the explanation of our traffic-light colour codes. Seafood that could contain harmful levels of toxins is marked by the symbols:  $\diamond$  = mercury, and  $\ominus$  = PCBs, dioxins and pesticides.

If the seafood doesn't appear here, look for it in our database at [www.seachoice.org](http://www.seachoice.org)

SeaChoice is an initiative of Sustainable Seafood Canada:



Ecology  
Action  
Centre



CANADIAN PARKS AND WILDERNESS SOCIETY



David  
Suzuki  
Foundation



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healthy choices, healthy oceans

[www.seachoice.org](http://www.seachoice.org)

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# Canada's Seafood Guide



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## Best Choice

Catfish (US) *farmed*  
Caviar/ Sturgeon *farmed*  
Clams *farmed*  
Cod: Pacific (US) *bottom longline, jig, pot*  
Crab: Dungeness ◇  
Fish sticks: Pollock (AK)  
Haddock (Canada) *bottom longline*  
Hake: Pacific (Canada)  
Herring: Atlantic (US), Pacific (Canada)  
Imitation crab: Pollock (AK)  
Lobster: American (Atl. Canada)  
Lobster: Rock, Spiny (Aus., US, Western Baja)  
Mussels *farmed*  
Oysters *farmed* ⊖  
Pollock (AK)  
Sablefish (AK, BC)  
Sardine: Brisling, Sprats (US)  
Shrimp/ Prawn: Sidestripe, Spot (BC) *trap-caught*  
Swordfish (Atl. Canada) *harpoon* ◇  
Tilapia (US) *farmed*  
Trout: Rainbow *land-based farmed*  
\*Tuna *troll-caught* ◇



## Some Concerns

Catfish/ Tra/ Basa (Int'l) *farmed*  
Clams: Atlantic soft shell (Atl.), Geoduck (US Pac.) *wild*  
Cod: Pacific (Canada, US) *trawl*  
Crab: King, Snow (Canada, US)  
Haddock (US) *bottom longline*  
Halibut: Atlantic, Pacific (Canada) *bottom longline* ◇  
Lingcod ◇  
Lobster: American (US Atl.) ◇  
Mahi mahi/ Dolphin/ Dorado ◇  
Mussels *wild*  
Octopus (US)  
Oysters *wild* ⊖  
Sablefish (CA, OR, WA)  
\*\*Salmon: Pacific *wild*  
Scallops: Sea (NE Atl. US)  
Shark (US Pac.) ◇  
Shrimp (Atl., Gulf of Mexico) *trawled*  
Sole (Pac.) ⊖  
Squid: Jumbo, Humboldt, Shortfin, Summer (Int'l)  
Swordfish (US Atl.) *pelagic longline* ◇  
\*Tuna (US) *pelagic longline* ◇



## Avoid

Caviar/ Sturgeon (Int'l) *wild* ⊖ ◇  
Chilean seabass/ Patagonian toothfish ◇  
Clams (Atl.) *dredged*  
Cod: Atlantic  
Crab: King (Russia)  
Flounder/ Sole: (US Atl.), Arrowtooth (Canada) ⊖  
Grenadier  
Haddock *trawl*  
Halibut: Atlantic (US) *trawl* ◇  
Lobster: Spiny (Int'l except Aus. + US)  
Monkfish ◇  
Orange roughy ◇  
Rockfish/ Snapper *trawl* ◇  
Salmon: Atlantic, Chinook *farmed* ⊖  
Scallops: Sea (Canada, Mid-Atl. US)  
Shark (Atl., Int'l) ◇  
Shrimp/ Prawn: Tiger, White (Int'l)  
Swordfish (Canada, Med., SE Atl.) *pelagic longline* ◇  
Tilapia (China, Taiwan) *farmed*  
\*Tuna (Pac. Int'l) *pelagic longline* ◇  
Tuna: Bluefin ◇

## Alert Codes

**Green = Best Choice.** This species is currently fished/ harvested sustainably and represents a best choice. Enjoy, while supporting responsible fishing and coastal livelihoods.

**Yellow = Some Concerns.** Seafood that should be consumed infrequently, or when a green choice is not available. There are conservation concerns with the current populations or practices in this fishery.

**Red = Avoid.** Do not purchase these fish for now. They come from sources that have a combination of problems—habitat damage, discard of unwanted species, poor management, low populations, can be easily harmed by fishing or may be listed by governments as Endangered.

**Health advisory.** Regular consumption of one or more species in this listing poses a health threat from ◇ mercury or from ⊖ PCB, dioxins or pesticides. For further information visit: [www.seachoice.org](http://www.seachoice.org)

\*The category "Tuna" includes Albacore, Bigeye, Skipjack and Yellowfin tunas, but not Bluefin. \*\* Check seasonal recommendations for salmon at [www.seachoice.org](http://www.seachoice.org)

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**Abbreviations:** AK=Alaska, Atl.=Atlantic, Aus.=Australia, BC=British Columbia, CA=California, Int'l=International, NE=Northeast, Med.=Mediterranean, OR=Oregon, Pac.=Pacific, SE=Southeast, US=United States, WA=Washington.