

## YOUR CHOICES MATTER

Please read all columns, check labels and ask questions when shopping and dining out. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council (MSC) blue eco-label in stores and restaurants.



If you don't see your seafood choice on this list, that doesn't necessarily mean you should avoid it.

When you buy seafood, ask where your seafood comes from, how it was caught and whether it was farmed or wild-caught. If you have questions, visit [www.VirginiaAquarium.com](http://www.VirginiaAquarium.com).

## WHAT IS SENSIBLE SEAFOOD?

*Sensible Seafood* choices come from sustainable fisheries and farms which have healthy populations that are harvested in an environmentally friendly way and are able to keep up with consumer demand.

## WHY IS THIS IMPORTANT TO ME?

If current unsustainable practices continue, many types of seafood may not be around for you to eat and enjoy.

## LEARN MORE

For more information please visit: [www.VirginiaAquarium.com](http://www.VirginiaAquarium.com)

## OUR LOCAL FLAVOR

Buying locally-caught seafood that is harvested responsibly helps support the local economy and also ensures that you eat the freshest seafood.

Regionally caught seafood such as croaker, striped bass, summer flounder, wild-caught shrimp, in-season blue crab, oysters and hard clams are Virginia's best seafood choices.



VIRGINIA  
AQUARIUM  
& MARINE SCIENCE CENTER



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## Virginia Aquarium & Marine Science Center



# SENSIBLE SEAFOOD

## 2011 Pocket Guide

[www.VirginiaAquarium.com](http://www.VirginiaAquarium.com)

## BEST CHOICES

Barramundi (US farmed)  
Catfish (US farmed)  
Clams, Mussels, Oysters (farmed)  
Clams: Softshell/Steamers (wild)  
Cobia (US farmed)  
Cod: Pacific (Alaska longline)  
Crab: Dungeness, Stone  
Crayfish (US farmed)  
Croaker: Atlantic\*  
Haddock (hook & line)  
Halibut: Pacific\*  
Lobster: Spiny (US)  
Mackerel: King\*, Spanish\* (US)  
Mahi mahi (US Atlantic troll/pole)  
Mullet: Striped  
Pollock (US, Canada, all gears)  
Salmon (Alaska wild)  
Scallops: Bay (farmed)  
Squid: Longfin (U.S.)  
Striped Bass (farmed or wild\*)  
Swordfish (Canada and U.S., harpoon & handline)\*  
Tilapia (US farmed)  
Trout: Rainbow (farmed)  
Tuna: Canned light/Skipjack (troll/pole)  
Tuna: Canned white/Albacore (troll/pole from U.S. & B.C.)  
Wreckfish

[www.VirginiaAquarium.com](http://www.VirginiaAquarium.com)

## GOOD ALTERNATIVES

Black Sea Bass  
Bluefish\*  
Caviar, Sturgeon (US farmed)  
Clams, Oysters\* (wild)  
Cod: Pacific (US trawled)  
Crab: Blue\*, Jonah, King (US), Snow  
Crab: Imitation/Surimi  
Haddock (Iceland Atlantic, all gears)  
Haddock (US trawl)  
Hake: Silver, Red, Offshore  
Herring (Atlantic)  
Lobster: American/Maine  
Mahi mahi/Dolphinfish (US)  
Scallops: Sea (wild)  
Shrimp (US, Canada)  
Snapper: Gray, Lane\*, Mutton\*, Yellowtail (US)  
Squid  
Summer Flounder  
Swordfish (US)\*  
Tilapia (C. America, S. America farmed)  
Tilefish (Mid-Atlantic)  
Tuna: Bigeye, Yellowfin (troll/pole)  
Tuna: Canned white/Albacore (troll/pole except US and BC)  
Wahoo\*  
Yellowtail (US farmed)

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## AVOID

Caviar, Sturgeon\*, (imported wild)  
Chilean Seabass/Toothfish\*  
Cod: Atlantic, imported Pacific  
Conch: Queen  
Crab: King (imported)  
Groupers\*  
Halibut: Atlantic  
Lobster: Spiny (Caribbean)  
Mahi mahi/Dolphinfish (imported)  
Marlin: Blue\*, Striped\*  
Monkfish  
Orange Roughy\*  
Pompano: Florida  
Salmon (farmed, including Atlantic)\*  
Sharks\* and Skates  
Shrimp (imported)  
Snapper: Red\*, Vermilion (US)  
Snapper (imported)  
Swordfish (imported)\*  
Tilapia (Asia farmed)  
Tilefish (Southeast)\*  
Tuna: Albacore, Bigeye, Yellowfin (longline)\*  
Tuna: Bluefin\* and Tongol  
Tuna: Canned (except troll/pole)\*  
Yellowtail (imported, farmed)

Make *SENSIBLE SEAFOOD* choices to help save our oceans and sea life.

**BEST CHOICES** are abundant, well-managed and fished or farmed in environmentally friendly ways.

**GOOD ALTERNATIVES** are options to consider when "best choices" aren't available. There are some concerns with how they are caught or farmed - or with the health of their habitat due to other human impacts.

**AVOID** these choices, at least for now, because they are overfished or are caught or farmed in ways that harm other marine life or the environment.

\* May need to limit consumption due to health concerns.

<http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/Seafood/FoodbornePathogensContaminants/Methylmercury/ucm115662.htm>

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