

# Canada's Seafood Guide



healthy choices, healthy oceans

SeaChoice

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



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David Suzuki Foundation



STERRA BC CLUB



SeaChoice is an initiative of Sustainable Seafood Canada

## Best Choice

**WILD:**  
 Clam: Razor **hand-dug (Can Atl)**, Softshell **(US Atl)**  
 Cod: Pacific **longline, jig, trap (AK) †**  
 Crab: Dungeness **(Can/US Pac)**  
 Lobster: Spiny **(US)**  
 Mackerel: King, Spanish **(US Atl, US Gulf of Mex) ◇**  
 Mahi Mahi/Dolphinfish **troll/pole (US Atl)**  
 Pollock: Alaska **(AK)**  
 Sablefish **trap, longline (Can Pac, AK) ♥**  
 Sardine/Herring: Pacific **(Can/US Pac) ♥**  
 Shrimp/Prawn: Spot **(Can Pac)**, Pink **(OR) †**  
 Shrimp/Prawn: Northern **trap (Can Atl)**  
 Squid: Longfin **(US Atl)**  
 Swordfish **harpoon, handline (Can, US) ◇**  
 Tuna: Albacore **troll/pole (Can/US † Pac) ♥**  
 Tuna: Skipjack **troll/pole, handline (ww)**  
 Tuna: Yellowfin **troll/pole (US Atl)**

**FARMED:**  
 Arctic char **(Can, US, Norway, Iceland) ♥**  
 Catfish **(US)**  
 Clams, scallops, oysters ♥, mussels  
 Tilapia **(US)**  
 Trout: Rainbow **(US), land-based (Can) ♥**

\* Check seasonal recommendations for wild BC salmon at [www.seachoice.org](http://www.seachoice.org)

## Some Concerns

**WILD:**  
 Clam: Softshell, Quahog, Bar **hand dug (Can Atl)**  
 Cod: Pacific **trawl (Can/US Pac, AK)**  
 Crab: Rock **(Can Atl)**, Snow **(Can Atl, AK)**  
 Crab: Blue **(US Atl) ◇**, King **(AK)**  
 Haddock **longline (Can/US Atl), sep trawl (Can Atl)**  
 Halibut: Pacific, Atlantic **longline (Can/Pac Atl)**  
 Herring: Atlantic **(Can/US Atl)**  
 Lingcod **(Can, US) ◇**  
 Lobster: American **(Can Atl)**  
 Salmon: Pacific, all species **(Can Pac)\* ♥**  
 Shrimp: Northern **trawl (Can †/US Atl)**  
 Shrimp: Pink **trawl (US Gulf of Mex, US S Atl)**  
 Sole: Pacific **(Can/US Pac)**  
 Squid: all species **(ww ex Longfin US Atl)**  
 Tuna: Bigeye, Yellowfin **troll/pole (ww ex US Atl), longline (US Atl) ◇**, **handline (HI)**  
 Tuna: Albacore ◇, Skipjack **longline (HI)**

**FARMED:**  
 Pangasius, Basa, Swai **(Intl)**  
 Shrimp/Prawn: White **(US)**  
 Trout: Rainbow **open-cage (Can) ♥**  
 Tilapia **(Central/S Am)**

\*\* Various species of rockfish are often sold as snapper.

## Avoid

**WILD:**  
 Chilean seabass/Patagonian toothfish **(ww) † ◇**  
 Clams: Arctic surf, Quahog **dredge (Can Atl)**  
 Cod: Atlantic **(Can/US Atl)**  
 Crab: King **(Intl ex US)**, Jonah **(Can Atl)**  
 Flounder/Sole: **trawl (US Atl)**  
 Greenland halibut/Turbot **(Can Atl)**  
 Haddock **trawl (Can/US Atl)**  
 Halibut: Atlantic **trawl (US Atl)**  
 Lobster: Spiny **(Brazil)**  
 Orange roughy **(ww) ◇**  
 Rockfish: all species\*\* **trawl (Can, US) ◇**  
 Scallops: Sea **dredge (Can Atl)**  
 Shark: all species **(ww) ◇**  
 Shrimp/Prawn **(Intl ex US)**  
 Swordfish **longline (Can Atl, Intl ex US) ◇**  
 Tuna: Albacore **longline (ww ex HI) ◇**  
 Tuna: Bluefin **(ww) ◇**  
 Tuna: Yellowfin, Bigeye **longline (ww ex US Atl) ◇**

**FARMED:**  
 Shrimp/Prawn: Tiger, White **(Intl ex US)**  
 Salmon: Atlantic **(ww) ◇**  
 Tilapia **(China, Taiwan)**

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Abbreviations: Can=Canada, US=United States, Mex=Mexico, S Am=South America, Intl=International, Atl=Atlantic, Pac=Pacific, AK=Alaska, HI=Hawaii, OR=Oregon, WA=Washington, CA=California, ww=worldwide, ex=except, sep=separator

Keep this wallet guide with you—it will help you make more sustainable seafood choices. Wild-caught seafood is listed first, followed by farmed items in the lighter section below. Some items are listed in more than one column based on how and where it was caught or farmed (look for the bolded terms). Be sure to read labels and always ask questions when you shop or dine:

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

Then, check the listings and colour codes on the guide. If you're not sure, choose another Best Choice item.

## How To Use This Card

## Alert Codes

**Green = Best Choice.** Best Choice items are 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.

◇ Limiting consumption of these items is recommended due to elevated mercury or PCB levels. Children and women of childbearing age should take the strongest precautions. Learn more at [www.edf.org/seafoodhealth](http://www.edf.org/seafoodhealth).

♥ Indicates seafood high in omega-3 fats and low in contaminants.

† Some or all of this fishery is certified as sustainable by the Marine Stewardship Council. Visit [www.msc.org](http://www.msc.org), and [www.seachoice.org](http://www.seachoice.org) for more information.

By buying green-listed seafood, you are supporting sustainable fishing and farming practices. Use your consumer power at the grocery store or restaurant, and help keep our oceans and communities healthy. But don't stop here! Find more seafood items, updates, and full assessments at [www.seachoice.org](http://www.seachoice.org), and don't forget to share your seafood smarts.

## Healthy Choices for Healthy Oceans

Created in collaboration with the Monterey Bay Aquarium