

## Best Choice Sushi for Healthy Oceans

Use the power of your consumer choice at the sushi counter and help keep our oceans and communities healthy for years to come. When you select sushi from our “Best Choice” list you are supporting sustainable fishing and farming practices.

But don't stop here! Share your seafood smarts—download more copies of this sushi guide, learn more, or get involved at: [www.SeaChoice.org](http://www.SeaChoice.org)

Created in collaboration with the Monterey Bay Aquarium

## How To Use This Card

Keep this wallet card with you—it will help you make more sustainable sushi choices. Some items are listed in more than one column based on how and where it was caught or farmed. Look for the **bolded** terms and be sure to read labels or ask questions when you shop and dine:

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

Then check the listings and colour codes on the card. If you're not sure, choose another “Best Choice” item. Find more seafood items, updates, and full assessments at: [www.SeaChoice.org](http://www.SeaChoice.org)

SeaChoice is an initiative of Sustainable Seafood Canada:



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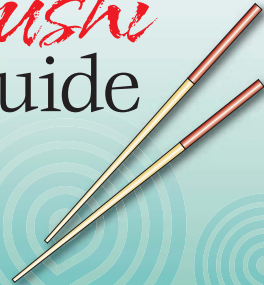
SeaChoice  
healthy choices, healthy oceans

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

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# Canada's Sustainable Sushi Guide



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healthy choices, healthy oceans

## Best Choice

**Ameabi:** Spot prawn (wild, BC, trap)  
**Awabi:** Abalone (farmed, US)  
**Ebi:** Shrimp (wild, NS, trap)  
**Gindara:** Sablefish/Black Cod (wild, BC & AK) ♥  
**Hotate:** Scallops (farmed, off-bottom)  
**Ika:** Squid, longfin (wild, US Atl.)  
**Iwana:** Arctic Char (farmed) ♥  
**Iwashi:** Sardine, Pacific (wild, Canada & US) ♥  
**Kaki:** Oysters (farmed) ♥  
**Kani:** Dungeness crab (wild)  
**Katsuo:** Bonito/Tuna, Skipjack (wild, troll/pole)  
**Lobster,** American (wild, Canada Atl.)  
**Masago:** Smelt roe/Capelin (wild, Iceland)  
**Mirugai:** Geoduck (wild, BC & WA)  
**Muurugai:** Mussels (farmed)  
**Shiro Maguro:** Tuna, Albacore (wild, BC & US, troll/pole) ♥  
**Suzuki:** Striped Bass (farmed and wild) ◇  
**Uni:** Sea Urchin (wild, Canada)

## Some Concerns

**Ebi:** Shrimp (wild, Canada Atl., US Atl. & Gulf of Mexico)  
**Ebi:** Shrimp (farmed, US)  
**Kampachi:** Yellowtail (farmed, US)  
**Hirame/Karei:** Flounder, Soles (wild, Pacific)  
**Hotate:** Scallops, Sea (wild, US Atl.)  
**Ika:** Squid, flying, jumbo & shortfin (wild)  
**Kani:** Crab, Blue (wild) ◇  
**Kani:** Crab, King (wild, US)  
**Kani:** Crab, Snow (wild)  
**Kanikama:** Surimi/Imitation crab\*  
**Katsuo:** Bonito/Tuna, Skipjack (wild, HI, longline)  
**Maguro:** Tuna, Bigeye & Yellowfin (wild, troll/pole)  
**Maguro:** Tuna, Bigeye & Yellowfin (wild, US Atl., longline)  
**Masago:** Smelt roe/Capelin (wild, Canada)  
**Sake:** Salmon (wild, BC\*\*) ♥  
**Shiro Maguro:** Tuna, Albacore (wild, HI, longline) ◇  
**Tai:** Red Porgy (wild, US)

## Avoid

**Ankimo:** Monkfish liver (wild)  
**Ebi:** Shrimp (farmed & wild, imported, except US)  
**Hiramasa/Hamachi:** Yellowtail/Amberjack (farmed, Australia & Japan)  
**Hirame/Karei:** Flounder, Soles (wild, Atlantic)  
**Hokkigai:** Arctic surf clam (wild)  
**Hotate:** Scallops, Sea (wild, Canada Atl.)  
**Kani:** Crab, King (wild, Russia)  
**Maguro:** Tuna, Bigeye & Yellowfin (wild, longline, except US Atl.) ◇  
**Sake:** Salmon (farmed) ◇  
**Shiro Maguro:** Tuna, Albacore (wild, longline, except HI) ◇  
**Tai:** Snapper, Red (wild)  
**Tako:** Octopus (wild)  
**Toro:** Tuna, Bluefin (wild) ◇  
**Unagi:** Eel, Freshwater (farmed)  
**Uni:** Sea Urchin (wild, ME)

## Alert Codes

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**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 other marine life or habitat.

**Red = Avoid.** Avoid seafood in 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.

**Health advisory.** Limiting consumption of the items with a ◇ is recommended due to elevated mercury or PCB levels. Women of childbearing age and children 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.

\*Surimi/Imitation crab could be mixed species. Please ask what is used! \*\*Check seasonal assessments for BC wild salmon at [www.SeaChoice.org](http://www.SeaChoice.org)

Abbreviations: AK=Alaska, Atl.=Atlantic, BC=British Columbia, HI=Hawaii, ME=Maine, NS=Nova Scotia, US=United States, WA=Washington