

Sustainable Seafood's

Better Choices	Moderate Risk	Best to Avoid
<p>Alaska King Crab Anchovies Arctic Char Bluefish Catfish (farmed) Clams Crab: Blue, Dungeness, King Crawfish Dogfish Hake Halibut (Pacific) Herring (Atlantic) Mackerel: Atlantic, Spanish Mussels (Black, Green-lipped) Octopus (Pacific) Oysters (farmed) Pacific Black Cod (sablefish) Pacific Cod (pot or jig caught) Pollack (Alaska) Prawns (trap-caught, Pacific) Rock Lobster (Australian) Salmon (Wild Alaskan) Sardines (Pacific) Scallops (Bay - farmed) Shrimp (US farmed) Squid (Pacific) Striped Bass (hybrid) Sturgeon (farmed) Tilapia (farmed) Tuna: Pacific Albacore Uni (sea urchin)</p>	<p>Flounder: "Summer Flounder" Fluke Lingcod Lobster (Atlantic) Mahi Mahi or Dorado Octopus (Atlantic) Prawns (US farmed or wild) Rainbow Trout (farmed) Salmon (wild from WA, OR, BC Canada) Scallops (Sea, Bay wild) Shrimp (domestic, trawl-caught) Snow Crab Sole (Pacific) Squid (Atlantic) Swordfish (Pacific) Tuna: Yellowfin or skipjack</p>	<p>Atlantic Cod Caviar (wild sturgeon) Grouper Haddock (Atlantic) Halibut (Atlantic) Hoki (Atlantic, New Zealand) King Crab (Russia) Monkfish Orange Roughy Pacific Rockfish (Rock Cod) Pollack (Atlantic) Prawns (imported, tiger) Red Snapper Salmon (farmed worldwide) Scrod Seabass: Chilean Shark: all species Skate Sturgeon (wild) Swordfish (Atlantic) Tuna: Bluefin Turbot Yellowtail Flounder</p>

For more information go to their website at: <http://www.eartheasy.com>