

Go Fish

Not all seafood is tainted with mercury or PCBs. Here's what to reel in, what to throw back. Clip this guide and take it with you to restaurants and stores.

ENJOY

(Up to two servings a week)

Clams

Oysters

Shrimp

Tilapia

Crawfish

Haddock

Trout (freshwater)

Catfish

Flatfish (including flounder and sole)

Mackerel (Atlantic)

Scallops

Crab (blue, king, and snow)

Pollack

Shad (American)

Squid

Tuna (canned chunk light)

Lobster (spiny)

Mackerel chub (Pacific)

Cod*

Perch (freshwater)

Skate

Halibut

Spanish mackerel (South Atlantic)

Monkfish*

Snapper*

Weakfish (sea trout)

Bass (saltwater; including sea and striped)

SHOW RESTRAINT

(One serving a week)

Lobster

(northern/American)

Tuna (canned white

albacore, fresh/frozen)
Spanish mackerel (Gulf of Mexico)

Marlin

Orange roughy*

Grouper*

(One to two servings a month)

Salmon (especially farmed) +

Sardines +

Herring +

Bluefish +

AVOID

King mackerel (Atlantic and Gulf of Mexico)

Shark*

Swordfish*

Tilefish (Gulf of Mexico)*

* Overfished

+ Contains PCBs or other pollutants

