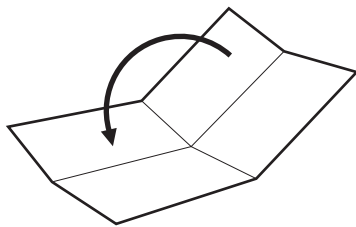


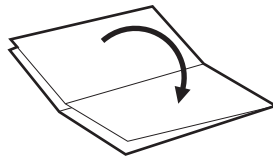
Which Fish Are Okay To Eat?

Source: Marine Conservation Society, Greenpeace, Seafood Watch // [data:bit.ly/whichfish](http://data.bit.ly/whichfish)
June / 2011

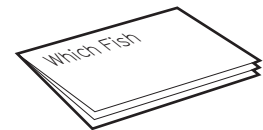
Folding Instructions



cut out, turn upside down, and fold



fold again to create credit card-sized pamphlet



store the infosheet in your wallet or purse for ease of use



Salmon (FAKED)
Salmon (ATLANTIC)
Sea Trout
Seabass (TRAWL)
Shark
Skate/Rays
Spiny Lobster
Spiny Dogfish (LINE)
Swordfish
Tiger Prawns
Tilapia (TRAWL)
Toothfish
Yellowfin Tuna

Halibut (MEDITERRANEAN)
Halibut (GREENLAND)
Herring (N. ATLANTIC)
Hoki
King Crab
Mahi Mahi
Monkfish
Orange Roughy
Plaice
Red Snapper
Rockfish (ATLANTIC)
Rockfish (TRAWL)
Salmon (PACIFIC)

Any Tuna (LONGLINE)
Blue Marlin
Collared Halibut
Chilean Seabass
Cod (ATLANTIC)
Cod (MEDITERR.)
Dover Sole
Eel
Grenadier
Haddock (TRAWL)
Hake

ON
vulnerable or
endangered
species, caught
in
harmful ways.

Yes

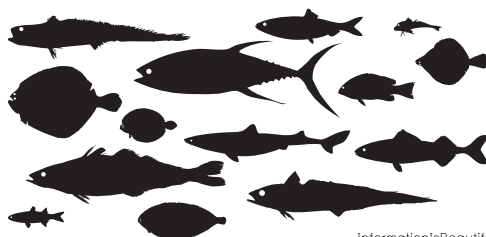
abundant, well managed or caught in an environmentally-friendly way.

Albacore Tuna (POLE)
Anchovy (PERU & CHILE)
Arctic Char
Barramundi (US)
Bass
Big Eyed Tuna (POLE)
Black Bream
Blackcod/Sablefish
Cattfish
Cobia
Cod (LONGLINE, JIG, TRAP)
Coho Salmon
Crimson Snapper (TRAP)

Dungeness Crab (TRAP)
Flounder
Gurnard
Halibut
Herring (NORWAY)
Longfin Squid (SEINE)
Mackerel
Pink Shrimp (DREDGE)
Rainbow Trout
Red Mullet
Salmon (ALASKA)
Sardine (PACIFIC)
Sardine (CORWALL)

Seabass (LINE & GULNET)
Spider Crab (POT)
Spiny Lobster
Squid
Striped Bass
Tilapia
White Seabass

Which Fish Are Okay To Eat?



InformationIsBeautiful.net
Source: Marine Conservation Society, Greenpeace, Seafood Watch

Maybe

fish are flagged for concern, and may be trawler-caught.

American Lobster (TRAP)
Basa
Callifornian Halibut (HOOK & LINE)
Cod (HOOK & LINE, MARINE)
Cod (NON TRAWL, ICELAND)
Coley/Saithe (TRAWL)
Crayfish (CHINA)
Flounder
Haddock (LINE)
Lemon Sole (SEINE)
Lingcod
Mahi Mahi (LONGLINE)

Pollock (ALASKA)
Pamfret
Skipjack Tuna (POLE & LINE)
Sole
Squid
Sturgeon
Turbot
Yellowfin Tuna