

How to use this guide

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc.

Please read all columns and be sure to check labels or ask questions when shopping or eating out.

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

If you're not sure, choose something else from the green or yellow columns.

Choices for healthy oceans

You Have the Power

Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

This Seafood Guide was last updated in November 2004.

This guide is updated regularly.

Visit www.seafoodwatch.org to download the latest version and Seafood Guides for other regions of the United States. You can also read seafood facts, learn about seafood and your health and much more...



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Seafood WATCH®



**Southeast
Seafood Guide
2005**

BEST CHOICES

Catfish (farmed)
Caviar (farmed)
Clams (farmed)
Crab: Dungeness
Crab: Snow (Canada)
Crab: Stone
Crawfish (farmed)
Halibut: Pacific
Lobster: Spiny (US)
Mackerel: King *
Mackerel: Spanish
Mullet: Striped
Mussels (farmed)
Oysters (farmed)
Salmon (wild-caught from Alaska)
Sardines
Striped Bass (farmed)
Sturgeon (farmed)
Tilapia (farmed)
Trout: Rainbow (farmed)
Tuna: Albacore * (troll/pole-caught)
Tuna: Bigeye (troll/pole-caught)
Tuna: Yellowfin (troll/pole-caught)
Wreckfish

GOOD ALTERNATIVES

Clams (wild-caught)
Crab: Blue
Crab: imitation/Surimi
Crab: King (Alaska)
Crab: Snow (US)
Flounder: Summer/Fluke
Lobster: American/Maine
Mahi mahi/Dolphinfish/Dorado
Oysters (wild-caught)
Pollock
Scallops: Bay
Scallops: Sea
Shrimp (US farmed or trawl-caught)
Snapper: Gray (US)
Snapper: Lane (US)
Snapper: Mutton (US)
Snapper: Yellowtail (US)
Squid
Swordfish * (US)
Tuna: Albacore * (longline-caught)
Tuna: Bigeye (longline-caught)
Tuna: Yellowfin (longline-caught)
Tuna: canned light
Tuna: canned white/Albacore *
Wahoo

AVOID

Caviar (wild-caught)
Chilean Seabass/Toothfish
Cod: Atlantic
Conch: Queen
Crab: King (imported)
Flounders (Atlantic) except Summer/Fluke
Groupers
Halibut: Atlantic
Lobster: Spiny (Caribbean imported)
Orange Roughy
Salmon (farmed, including Atlantic)
Sharks *
Shrimp (imported farmed or trawl-caught)
Snapper: Red and Vermilion (US)
Snapper (imported)
Soles (Atlantic)
Sturgeon (imported wild-caught)
Swordfish * (imported)
Tilefish *
Tuna: Bluefin

*Red asterisk indicates a FDA & EPA mercury advisory for women of child-bearing age and children.

Use This Guide to Make Choices for Healthy Oceans

Best Choices

These are your best seafood choices! These fish are abundant, well managed and caught or farmed in environmentally friendly ways.

Good Alternatives

These are good alternatives, but there are some concerns with the way they are caught or farmed. They are, however, better choices than items in the Avoid column. Visit www.seafoodwatch.org to learn more.

Avoid

Avoid these products, at least for now. These fish come from sources that are overfished and/or caught or farmed in ways that harm other marine life or the environment.