

SAFE TO EAT

Anchovies
 Calamari
 Clams
 Crawfish
 Dungeness crab
 Flounder (summer)
 Haddock
 Hake
 Herring
 King crab
 Lobster (spiny/rock)
 Mid-Atlantic blue crab
 Northern shrimp (US-farmed)
 Oysters
 Alaskan salmon (wild)
 Perch
 White shrimp (US-farmed)
 Sardines
 Bay scallops (farmed)
 Sole
 Spot prawn
 Stone crab
 Tilapia
 Whitefish

CAUTION:

limit to one serving per month

Blue mussel	T
Bluefish*	T
Bonito*	T
Channel (wild) catfish	T
Cod (except Atlantic)	T
Eastern oyster	T
Gulf Coast blue crab	T
Lake Trout*	T
Lake whitefish	T
Mahi-mahi	T
Pollock	T
Porgy*	T
Rockfish*	T

AVOID

Catfish (farmed)	T	
Caviar (wild)		E
Chilean sea bass/toothfish		E
Cod (Atlantic)	T	E
Grouper		E
Gulf Coast Oysters	T	
Halibut	T	E
King mackerel	T	
Largemouth bass	T	
Marlin	T	
Monkfish		E
Orange Roughy	T	E
Pike	T	
Pacific rockfish/rock cod		E
Salmon (Great Lakes)	T	
Salmon (Atlantic)		E
Salmon (farmed)		E
Sea bass	T	
Shark	T	E
Shrimp (wild, imported)		E
Snapper*	T	E
Sturgeon (wild)		E
Swordfish	T	
Tilefish	T	
Tuna (canned)	T	
Tuna steaks	T	E
Walleye	T	
White croaker	T	

T = HIGH TOXIN LEVELS

E = ENVIRONMENTAL ISSUES

*** = Based on data from 1977.**

No recent data available.

Data from: FDA, EPA, Environmental Working Group, Monterey Bay Aquarium, Blue Oceans Institute, Environmental Defense.