

### 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.*