**Albacore (Bin’aga maguro), Bigeye (Maguro), and Yellowfin (Maguro) Tuna, pole- and troll-caught**
Albacore, Bigeye and Yellowfin Tunas are fast-growing, prolific breeders, and wide-ranging with many populations at moderate abundance. Pole- and troll-caught tuna are a better alternative than longline or purse seine-caught tuna.

**Clams, wild (Hokkigai, Mirugai)**
Mussels and Oysters, farmed
Shellfish filter feed and don’t require supplemental food, making farmed Mussels or Oysters an ocean-friendly choice. Clams in the U.S. are caught from the wild using various techniques from hand rakes for Hard Clams to hydraulic dredges for Atlantic Surf Clams (Hokkigai). Atlantic Surf and Geoduck Clams (Mirugai) are abundant. Hard Clams are often referred to by their size: Button, Little neck, Top neck, Cherry stone, and Chowder.

**Mahimahi, pole- and troll-caught**
Mahimahi grow fast, live short lives, and can withstand high fishing pressure. Pole- and troll-fisheries catch Mahimahi with little bycatch compared to longline fisheries.

**Salmon, Alaska wild (Sake, Salmon roe (kura))**
Salmon caught from Alaska comprise five species: Pink, Sockeye, Chum, Coho and Chinook (a.k.a. King) Salmon. Abundance of salmon, particularly Pink and Sockeye, is high due to good management and healthy habitat. The majority of salmon is caught with purse seines, but gill nets and trolling gear are also used. These fishing methods cause little habitat damage and result in moderate bycatch levels.

**Striped Bass (Suzuki)**
Striped Bass are wild-caught* and hybrids are farmed. Effective fisheries management helped wild Striped Bass recover from severe depletion in the 1980s to achieve high abundance today. Farming Striped Bass results in few escapes and minimal pollution.

**Tilapia, U.S. farmed**
Not native to the U.S., Tilapia are freshwater fish that are fed moderate amounts of fishmeal. When raised in closed systems in the U.S., they have very low environmental impact.

**American ("Maine") Lobster, U.S. and Canada**
Most U.S. and Canadian Lobster populations remain abundant. However, endangered North Atlantic Right Whales still become entangled in lobster fishing gear.

**Dungeness, King, and Stone Crabs (Kani)**
These crab species are fairly abundant thanks to good management. Crab fishers use relatively low-bycatch traps (or pots).

**Mutton*, Opakapaka, Vermillion, and Yellowtail Snapper**
These snapper species are fast-growing, reach sexual maturity early, and produce many eggs, enabling them to maintain healthy, resilient populations. Methods used to catch them, such as hook and line, cause little seafloor damage and low to moderate bycatch.

**Pacific Cod**
Caught using a range of methods including bottom trawls, longlines, and pots. Pacific cod are reasonably abundant. Most are caught from Alaskan waters where good fisheries management protects endangered marine mammals, although seabird bycatch is still high.

**Pacific Halibut**
Although they grow slowly and can live over 50 years, Pacific Halibut remain abundant due to responsible management. Fishers own shares of the total annual catch, eliminating dangerous incentives to fish competitively.

**Shrimp, U.S. farmed and wild (Ebi)**
Many shrimp species are fished from U.S. waters including Pink, Brown, and White Shrimp. Shrimp are caught from Alaska to the Gulf of Mexico, and most populations have a healthy abundance due to good management and fast growth rates. But shrimp trawling damages the seafloor and can result in large bycatch. Farmed shrimp require high amounts of fishmeal and fish oil in their food compared to other farmed fish. U.S. farmers usually treat discharged water to reduce pollution.

**Squid**
Many squid species exist worldwide. Squid grow fast and often reproduce before they are a year old, characteristics that help them withstand high fishing pressure. Most are vulnerable to changes in environmental conditions.

**Swordfish**
Swordfish in the North Atlantic show signs of recovery due to stronger regulations. Their abundance appears healthy in the North Pacific, but their status is unclear in other parts of the Pacific Ocean. Most Swordfish are longline caught, with high bycatch of albatrosses, sea turtles, and sharks.

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**FISH KEY**

- **Species relatively abundant; fishing/farming methods cause little damage to habitat or other wildlife.**
- **Species has medium-high levels of abundance; fishing/farming methods cause some environmental damage.**
- **Some problems exist with species’ status or catch/farming methods.**
- **Species abundance is generally low; fishing/farming methods typically have large environmental impact.**
- **Species has combination of problems: overfishing, high bycatch, poor management, or farming has serious environmental impacts.**

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*The Health advisory for this group refers to this species. Sushi names given in italics where appropriate.*

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*Seafood with this mark come from a fishery that has been independently certified to the Marine Stewardship Council’s standard for well-managed and sustainable fisheries. Learn more at www.msc.org.*

*These fish contain levels of mercury or PCBs that may pose a health risk. For more details please refer to Environmental Defense Fund’s website (www.edf.org/seafood).*

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**Atlantic Bluefin Tuna** *(Kun maquro, Hon maquro)*
Atlantic Bluefin Tuna is one of the largest fish in our oceans, but its abundance is at a critically low level due to poor management. Bluefin Tuna are sometimes caught as juveniles and fattened in net pens. This “farming” method prevents the fish from spawning, further reducing Bluefin numbers.

**Atlantic Cod**
Decades of overfishing drove Atlantic Cod populations to historic low levels. Due to management measures that include permits, gear restrictions, and size limits, some populations are slowly recovering. Bottom trawling for Atlantic Cod destroys habitat. Pacific Cod is a more ocean-friendly alternative.

**Atlantic Halibut** *(Hirame)*
Long-lived and slow to mature, Atlantic Halibut is naturally vulnerable to fishing pressure. Due to many years of overfishing, populations have collapsed. Pacific Halibut is a more ocean-friendly alternative.

**Freshwater Eel** *(Unaga)*
Freshwater Eels are highly carnivorous and often farmed in net pens and ponds where discharged waste causes serious environmental pollution. Because of their complex life history, farming is dependent on wild-caught juveniles, or glass eels, causing wild populations to decline.

**Orange Roughy**
Severely depleted, Orange Roughy don’t mature until they’re at least 20 years old and can live over 100 years. They live in deep waters where habitat-damaging trawls catch them when they gather in groups to feed or spawn. Fishing for Orange Roughy also catches and kills threatened shark species.

**Salmon, farmed** *(Sake Salmon roe* *(Ikura)*
High environmental costs of farming salmon include water pollution, spread of diseases to wild fish, high content of fish in feed, and overuse of antibiotics. In addition to Atlantic Salmon, farmers now raise Chinook and Coho Salmon. All Atlantic Salmon sold in the U.S. are farmed. Wild Alaska Salmon are a more ocean-friendly choice.

**Shrimp, imported, farmed and wild** *(Ebi)*
Bottom trawls used to catch most wild shrimp damage habitat and kill many invertebrates, fish, and sea turtles. Coastal shrimp farming ruins life-supporting ecosystems such as mangroves and causes water pollution. Shrimp fisheries and farms in the U.S. are generally better monitored and regulated.

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