THE AUDUBON
Seafood Wallet Card

Farmed mussels and clams
Alaska salmon
Mahimahi, troll caught
Crawfish
Alaska halibut
Dungeness crab
Tilapia, U.S. farmed
Yellowfin, bigeye, albacore tuna, pole/troll caught
Catfish
Striped bass
Mahimahi, longline caught
Pacific cod
Pacific flounders and soles
Rainbow trout
American (Maine*) lobster
Squid (calamari)
Ahi Tuna (yellowfin and bigeye tuna steak)
Canned tuna
Swordfish
Atlantic cod
Groupers
Shrimp
Atlantic flounders and soles
Monkfish
Sharks
Farmed salmon (including Atlantic)
Orange roughy
Snappers
Chilean seabass (toothfish)
Atlantic halibut

* frequently called "Maine" lobster but not always from Maine

Your choices can help make our oceans healthy again

Consumer demand has driven some fish populations to their lowest levels ever. But you can be part of the solution. You can choose seafoods from healthy, thriving fisheries.

Which fish you buy at the market and off the menu will determine the future of our oceans. You have the power to protect our marine life.

Carry this card in your wallet. Consult it when you go to restaurants or grocery stores with fish on your mind.
Enjoy, knowing your choices can help heal the seas.

Not all seafoods are equal: some carry less environmental impact than others because of differences in their abundance, how they’re caught, and how well fishing is managed. The key is to know which species are in good shape and which are not. Our goal is to help you become more familiar with your seafood, so that you’re better able to make selections from healthy, thriving sources.

The Fish Scale color bar reflects the state of the fish, roughly in order from green (least problematic) to red (most problematic). If a fish is in good shape—for example, it’s abundant, relatively well-managed, or the fishing methods have little effect on habitat and catch few unintended creatures—it’s ranked green. If there are some concerns about a species’ status, fishing methods, or management, it ranks in the yellow. Species with significant problems receive a red designation on our Fish Scale.

For details about each of the selections and rankings on our card, we have a National Seafood Card Backgrounder available via email, the web, and hardcopy.

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For more information about seafood and alternative choices: **Seafood Lover’s Almanac**, edited by Mercédès Lee. $19.95 suggested price. Available through bookstores and Amazon.com

**Living Oceans** is the marine program of the National Audubon Society. Our mission is to protect and restore the living communities and special places of the seas for seabirds, fish, and other marine life, and for the benefit of humanity.

Audubon’s Seafood Lovers Initiative is made possible with generous support from the Evan Frankel Foundation, Homeland Foundation, Norcross Wildlife Foundation, The Streisand Foundation, the David and Lucile Packard Foundation, Royal Caribbean International and Celebrity Cruises, and the Wallace Research Foundation.