

To use, cut out, fold in half, and adhere Side A to Side B, then fold again.



THE GREEN GUIDE'S FISH PICKS

YES FISH (Low Mercury, Not Overfished)

Abalone (farmed)	Crawfish	Sardines
Anchovies	Herring	Squid (Pacific)
Catfish (farmed)	Hoki	Striped bass (farmed)
Caviar (farmed)	Rainbow trout (farmed)	Sturgeon (farmed)
Clams (farmed)	Salmon (wild Alaskan)	Tilapia (farmed)
Crab	Sand dabs	Trout (farmed)

SOMETIMES FISH (Limit to Once per Month)

Blue crab (Gulf Coast) ■	Eastern oyster ■	Pollock ■
Blue mussel ■	Mahimahi ■	Salmon (Pacific)
Cod (Pacific) ■	Mussels (farmed)	Sole (Pacific)
Flounder (Pacific)	Oysters (farmed)	Striped bass

NO FISH

Caviar ●	Marlin ◆	Shrimp ▼▲ (For every pound harvested, 4 to 10 pounds of unwanted marine life are tossed!)
Chilean sea bass (toothfish) ●▲	Monkfish ●▲	Snapper ●▲
Cod (Atlantic) ■●	Orange roughy ●▲	Sole (Atlantic) ●▲
Flounder (Atlantic) ●▲	Oysters (Gulf Coast) ◆	Swordfish ◆●▲
Great Lakes salmon ■	Pike ◆	Tilefish ◆
Grouper ●	Salmon (farmed "Atlantic") ▼	Tuna ◆, Bluefin ●
Haddock ●▲	Scallops ●▲	
Halibut (Atlantic) ◆●	Sea bass ◆	
King mackerel ◆	Sharks ◆●▲	

◆ = highest in mercury; children and women who are pregnant, nursing or of childbearing age should avoid.
 ■ = moderate mercury; sensitive populations should limit to once per month.
 ● = overfished
 ▼ = farmed destructively
 ▲ = high bycatch

Resources: Environmental Working Group, www.ewg.org; National Audubon Society, www.audubon.org;
 Environmental Defense, www.environmentaldefense.org; Monterey Bay Aquarium, www.montereybayaquarium.org

SIDE A

Fold Here

(212) 598-4910 www.thegreenguide.com
 P.O. Box 567 Prince Street Station, NY, NY 10012

THE GREEN GUIDE
Informing today's choices, shaping tomorrow's world.



SIDE B

Fold Here

THE GreenGUIDE'S FISH PICKS

www.thegreenguide.com