

**Go-Go****So-So****No-No**

**Anchovies**  
**Bluefish**, Atlantic  
**Catfish**, farmed  
**Cod**, Pacific  
**Crayfish** (*crawfish, crawdad*)  
**Crab**, Dungeness  
**Herrings and sardines**  
**Halibut**, Pacific (*Alaskan Halibut*)  
**Mackerel**  
**Mahi-mahi** (*Dorado, Dolphinfish*)  
**Mussels**, farmed  
**Oysters**, farmed  
**Pollock**, Pacific (*Surimi, Krab*)  
**Salmon**, wild (*Alaskan and Californian*)  
**Scallops**, farmed  
**Shrimp and prawns**, trap-caught  
**Squid** (*calamari*)  
**Striped Bass**, farmed  
**Sturgeon**, farmed  
**Tilapia**, farmed  
**Trout**, farmed  
**Tuna**, Pacific Albacore (*Tombo Tuna*)  
**Tuna**, Yellowfin (*Ahi*)

**Crab**, Alaskan King  
**Crab**, Snow  
**Lobster**, Northern (*clawed, Maine*)  
**Lobsters**, spiny (*langoustines, crayfish*)  
**Snappers**, tropical (*huachinango*)  
**Sole**, Petrale, English, and Dover

**Beluga Sturgeon** (*Beluga caviar*)  
**Chilean Seabass** (*Patagonian Toothfish*)  
**Clams**, dredged  
**Groupers**  
**Lingcod**  
**Monkfish**  
**Orange Roughy** (*Slimehead*)  
**Oysters**, dredged  
**Rockfish** (*Pacific Red Snapper, Rock Cod*)  
**Salmon**, Atlantic  
**Scallops**, dredged  
**Sharks** (*shark cartilage, shark fin*)  
**Shrimp and prawns**, farmed  
**Shrimp and prawns**, trawled  
**Sturgeon**, wild  
**Swordfish**, Atlantic  
**Swordfish**, Pacific  
**Tuna**, Bluefin (*Maguro*)