



Good Fish ... Bad Fish

Don't get hooked into a bad choice

You know the saying: "There are plenty more fish in the sea." Well, that's far from the truth. *More than 70 percent of the world's edible fish stocks are overfished, depleted, or extinct.* If fishing methods don't change soon, there will be few fish left in the sea. Join us in being part of the solution!

The list of sustainable, edible marine species is short. Unless consumers convince fisheries and the governmental agencies that manage them to respond wisely, the list will become even shorter. Join the fish campaign! Distribute this flyer in your community! Add your school's name to the list!

Eat wisely. For more information, please go to www.earthteam.net!

Eat these with a clean conscience. They're fast growing, abundant or well farmed.

Anchovies	Tilapia, farmed
Bluefish, Atlantic	Crayfish (crawfish, crawdad Crab, Dungeness)
Catfish, farmed	Halibut, Pacific (Alaskan halibut)
Cod, Pacific	Mussels, black and green-lipped
Mackerel	Oysters, farmed
Mahi-mahi (dorado, dolphinfish)	Striped bass, farmed
Scallops, farmed	Salmon, wild (Alaskan & Californian)
Herring, sardines	Pollock, Pacific (surimi, krab)
Squid (calamari)	Trout, farmed
Tuna, yellowfin (Ahi) and Pacific albacore (tombo)	Sturgeon, farmed
	Shrimp, pink

Don't eat these fish. They have been overfished or are slow growing.

Beluga sturgeon (beluga caviar)
 Groupers
 Longcod (OK from Alaska)
 Monkfish
 Orange roughy (slimehead)
 Rockfish (Pacific red snapper, rock cod)
 Salmon, Atlantic Sharks (cartilage and fin)
 Swordfish, Atlantic
 Tuna, bluefin (maguro)
 Chilean seabass (Patagonian Toothfish)
 Clams, Oysters and Scallops - dredged
 Shrimp and prawns, farmed and trawled

Think twice before you eat these.

They are becoming overfished.
 Crab, Alaskan king and snowLobster (clawed, American, Maine)
 Snappers, tropical (huachinango)
 Swordfish, Pacific
 Spiny lobsters (crayfish)
 Sole (petrale, English, Dover)

Sponsored by

EarthTeam Youth Coalition – the student arm of EarthTeam – a free Bay Area environmental network of teens and teachers
www.earthteam.net info@earthteam.net (925) 274-3669

Classes and clubs involved in the Youth Coalition's Fish Campaign:

Las Lomas High School, Walnut Creek Acalanes High School, Lafayette Pittsburg High School San Ramon Valley High School, Danville California High School, San Ramon Moreau High School, Hayward

Information from this flyer is supplied by John McCosker, former director of Steinhart Aquarium and chair of Aquatic Biology at the California Academy of Sciences. He is not associated with the EarthTeam Network.

For a wallet-sized version of this chart, go to http://www.mbayaq.org/cr/cr_seafoodwatch/ and click on Download a Wallet-Sized Card.