Sustainable Seafood

at a glance

Fish to eat...

Are from well managed, sustainable stocks or farms. Green indicates species that are, in the Marine Conservation Society's opinion, the best choice.

Fish to avoid...

Are from unsustainable, overfished, vulnerable and/or badly managed fisheries, or those that have high levels of by-catch - that's fish caught unintentionally whilst trying to catch other fish, and then thrown back dead. Red indicates that, in MCS's opinion, you should avoid these fish at the moment.

Can't find the fish you're looking for?

These lists are a handy sustainability summary of the most popular fish eaten in the UK. If a fish is not listed here it may mean that the fishery is either working towards improvement, there are some issues of concern with its current status or management, or there is not enough information to recommend either eating or avoiding. To find your fish, we recommend that you go to the search function of MCS's Fishonline **(www.fishonline.org)** for more information on more than 150 species. If in doubt about a seafood choice, look for the Marine Stewardship Council logo, select an alternative green-rated Fish-to-Eat or eat it only occasionally. See also MCS top-tips for buying sustainable seafood **(www.mcsuk.org).**

Species	Eat	Avoid
Alaska or Walleye Pollock	Alaska, Bering Sea, Aleutian Islands	
Bib or Pouting		
Black bream, Porgy or Seabream		
Clam	*Farmed (Manila, American Hardshell), Carpet shell*	
Cockle	*Hand gathered*	
Cod, Atlantic	*NE Arctic, Eastern Baltic*	*Irish Sea, Faroes Bank, Rockall, W.Scotland, Greenland, Norwegian Coast, North Sea, Western Channel*
Cod, Pacific	*Alaska longline*	
Coley or Saithe	*North Sea, West Scotland & Rockall, NE Arctic*	
Crab	*Spider, pot-caught*	
Dab		
Eel		*European & Conger*
Flounder		
Gurnard	*Grey & Red*	
Haddock	*NE Arctic, North Sea*	*West Scotland & Faroes*
Hake		*From Spain & Portugal*
Halibut	*Farmed (onshore system)*	*Atlantic, wild caught only*
Herring or Sild	*Norwegian spring spawning, Celtic Sea, North Sea*	*West Ireland & West Scotland*
Ling		*Avoid trawled*
Lobster	*Western Australian rock*	*From Southern New England stocks*
Mackerel	*Handline ,driftnet caught & North Sea*	
Mussel	*Farmed*	
Oyster	*Farmed (native (flat) & Pacific)*	
Pollack or Lythe	*Line caught*	
Plaice		*Celtic Sea, W. English Channel, SW & W Ireland*
Prawn	*Tiger & King (organic-certified farmed or zero input system)*	*Tiger & King Prawns; wild caught & non-certified farmed*
Ray		*Small-eyed & Thornback from Bay of Biscay; all Blonde, Sandy, Shagreen & Undulate*
Red Mullet	*From NE Atlantic*	
Salmon	*Pacific (5 Species), Atlantic (organic farmed)*	*Atlantic, wild caught*
Sardine or Pilchard	*From Cornwall*	
Scallop	*Diver caught King or otter-trawled Queen*	
Scampi or Dublin Bay Prawn		*From Spain & Portugal*
Seabass	*Line & Gillnet caught*	*Pelagic trawled*
Shark		
Skate		
Sole (Dover/Common)		*Irish Sea*
Sole (Lemon)	*Otter trawled, seine net caught*	
Squid	*European; Jig caught*	
Swordfish		*Indian Ocean, Med., S. Atlantic, NW Pacific*
Tilapia	*Farmed (organic or closed recirculating system)*	
Trout	*Rainbow; organic farmed or freshwater ponds*	*Brown or Sea; wild caught from Baltic*
Tuna (Albacore)	*Pole & line or troll caught from South Pacific*	*South Atlantic*
Tuna (Bigeye)		Indian, Atlantic & Central West Pacific
Tuna (Bluefin)		
Tuna (Skipjack)	*Pole & line; Pacific, W. Atlantic or Maldives*	
Turbot	*Farmed (onshore system)*	*Beam-trawl caught*

Information correct as of 18th January 2011

Marine Conservation Society

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