Reducing your impact on our seas by choosing sustainable fish is easy!

You can play a key role in securing the future of our seas and marine life by choosing sustainable fish when buying seafood.

Best choice

<table>
<thead>
<tr>
<th>Fish</th>
<th>ASC certified; Vietnam - GAA BAP 3*</th>
<th>Onshore production; Organic certified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basa or Pangasius (farmed)</td>
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<tr>
<td>Bream, Gilthead (farmed)</td>
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<tr>
<td>Clam, Manila (farmed)</td>
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<tr>
<td>Cod, Atlantic</td>
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<tr>
<td>Coley or Saithe</td>
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<tr>
<td>Crab, Brown</td>
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<tr>
<td>Dab</td>
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<tr>
<td>Haddock</td>
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<tr>
<td>Hake, European</td>
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<tr>
<td>Halibut, Atlantic (farmed)</td>
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<tr>
<td>Herring or Sild</td>
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<tr>
<td>Megrim</td>
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<tr>
<td>Mussels (farmed)</td>
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<tr>
<td>Oyster, Native or Pacific (farmed)</td>
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<tr>
<td>Plaice</td>
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<tr>
<td>Prawn, Coldwater or Northern</td>
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<tr>
<td>Prawn, King or Tiger (farmed)</td>
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<tr>
<td>Salmon, Atlantic (farmed)</td>
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<tr>
<td>Salmon, Pacific</td>
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<tr>
<td>Scallops, King or Queen</td>
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<tr>
<td>Scampi or Langoustine</td>
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<tr>
<td>Seabass (farmed)</td>
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<tr>
<td>Sole, Dover or Common</td>
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<tr>
<td>Sole, Lemon</td>
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<tr>
<td>Sprat or Sprat-only Whitebait</td>
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<tr>
<td>Tilapia (farmed)</td>
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<tr>
<td>Trout, Rainbow (farmed)</td>
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<tr>
<td>Tuna, Albacore</td>
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<tr>
<td>Tuna, Skipjack</td>
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<tr>
<td>Tuna, Yellowfin</td>
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<tr>
<td>Turbot (wild or farmed)</td>
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</tr>
</tbody>
</table>

Only from these areas - fished or farmed like this

- North East Arctic or Iceland - MSC certified
- North East Arctic, Iceland, Faroe Islands, North Sea, Skagerrak, West of Scotland and Rockall
- Western Channel, Cornwall - Pat caught
- North Sea - Seine netted
- Rockall, Irish Sea; Iceland, North East Arctic - MSC certified; North Sea, Skagerrak, West of Scotland
- Cornwall - MSC certified
- Scotland - Onshore production
- Norwegian (spring-spawning), North Sea, Skagaggerak & Kattegat, Eastern English Channel, Irish Sea - MSC certified
- Rockall, Northern North Sea & West of Scotland - Otter trawled
- UK - Roped gape
- Bottom & Suspension culture
- North Sea, Eastern English Channel - Otter trawled
- MSC certified
- UK - Closed land based system; Organic certified
- Europe - Organic certified
- MSC or Alaskan RMF certified
- Scotland - Dive caught; Cornwall - Sael and oar
- North Sea (Fladen Ground) - Trawl; West Scotland (Minches) - Pot caught
- France - Onshore production
- Western Channel, Celtic Sea South, South West of Ireland, Cornwall; MSC certified
- North Sea, Eastern English Channel - Seine netted
- Baltic Sea
- ASC certified; Onshore production
- Organic certified; Freshwater ponds
- Atlantic, North Pacific - Pole & line, Trawl; South Pacific - Longline MSC certified, Trawl
- West Atlantic, West Central Pacific, Indian Ocean - Pole & line; Maldives - Pole & line MSC certified
- West Central Pacific - Pole & line, Handline, Longline MSC certified
- North Sea - Hook & line; Trap; Onshore production

If what you are looking for isn’t listed below, it’s likely to be rated 3 or 4.
You can find over 600 ratings for 150 species on goodfishguide.org or the Good Fish Guide app.

Best choice - those rated 1 or 2 are the most sustainable!

Make the right choice and reduce your impact.
Every purchase matters!

If you spot one on the menu or at the supermarket - let us know!
Share your finds on Twitter #redrated or email info@mcsuk.org

Some sources should be avoided - see GoodFishGuide.org
- Locally caught/produced options available
- Prohibited species or UCN Red Listed (Endangered or Critically Endangered)
- Visit our Seafood Wall of Fame for more info.

The Marine Conservation Society is the UK’s leading marine charity working to make sustainable seafood the only choice for consumers.

www.mcsuk.org @mcsuk @GoodFishGuideUK

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Facebook.com/mcsuk

Good Fish Guide 2019

90% of world fish stocks are either fully or over-exploited from fishing.

They face yet more pressure from climate change, pollution, a growing world population and increasing per capita consumption of fish, so we can't afford to make the wrong choices.

Our ratings inform some of the largest seafood businesses in the UK – visit our Seafood Wall of Fame for info.

Our ratings influence over 300 million seafood meals a year.

Definitely give Fish to avoid a miss, these are rated 5 and include threatened or endangered species and fish from damaging fisheries or farming systems.

Would you eat an endangered species?

Many of the species above appear on restaurant menus, yet many are as threatened or more threatened by extinction as snow leopards and black rhinos, and you wouldn't choose them from a menu would you?
Top tips to help you make the right choice

Mix it up!
Did you know that around 150 commercial fish species are found in UK waters, but most people routinely only eat 5?

We’re too reliant on the ‘big 5’: cod, haddock, tuna, salmon and prawns. Try hake or coley instead of cod and haddock, rainbow trout instead of salmon, and swap tuna for herring, sardines or sardines – all great options to get your fix of omega 3!

Fish and Chips
The two most popular fish at the chippy are cod and haddock.

Haddock
stocks from MSC certified fisheries in the North East Arctic, Iceland, Irish Sea and Rockall are in the good shape. Skagerrak and West of Scotland are also recommended.

Cod
from Iceland and the North East Arctic, which are MSC certified are the best choices.

Fish Fingers
The best choices for this kids’ teatime favourite are those using certified Alaskan pollock, cod or haddock. See mcsuk.org/FishFingerGuide for more information.

Tuna
Skipjack and Albacore tuna caught with the most selective gears such as pole & line, handline or troll are the best choices.

Salmon
Organically farmed Atlantic salmon or certified wild Pacific salmon (usually tinned) are better choices. Avoid eating all wild-caught Atlantic salmon unless you know it is from a river where the stock is healthy.

Mackerel
is a popular fish, and the most sustainable options are from handline or coastal net fisheries.

Prawns
are great in curry, stir-fry, paella or when barbequed and you couldn’t have a prawn cocktail without them!

King or Tiger Prawns
are the big ones, also called Asian tiger shrimp and whiteleg shrimp. They’re warmwater prawns and the best choice is organically farmed.

Cold-water Prawns
are the little ones used in sandwiches and prawn cocktails, or sold cooked and peeled. Buy MSC certified.

Scampi
(largoustine tail) is most sustainable when caught in pots or creels, to avoid high bycatch and habitat impacts.

Eel
is traditionally consumed as jellied eel and comes from a severely depleted single European stock. Avoid as European eel is listed by IUCN as Critically Endangered.

Seabass
is popular in restaurants, but only ask for onshore farmed seabass. Wild seabass is currently overfished and needs to recover.

Squid
or Calamari is generally best from small-scale, low impact ‘jig’ fisheries.

Rays
are vulnerable species, but spotted ray from the Bristol Channel is an OK choice.

Scallops
are mostly farmed in Cornwall. Look for hand-dived Scottish King scallops or Queen scallops from Fal sail and oar fishery in Cornwall.

Eating out?
Look for businesses displaying these logos in-store or online, as they are doing some good things to improve the sustainability of their seafood:

Love the sea and want to do more to protect it?
We want to make sure our fish stocks are plentiful, our seas are clean and pollution free, and our marine wildlife has the protection it needs to thrive.

There are many ways you can help us achieve our goals.

Visit our website today to find out how you can support us:
www.mcsuk.org or follow us on Facebook and Twitter @mcsuk @GoodFishGuideUK