



## 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](http://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](http://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
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	
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

