

### Your sushi choices matter!

Not all seafood is created equal. Unfortunately many popular sushi items are fished or farmed in environmentally destructive ways. Because these practices vary by species and location, knowing this information makes a big difference and can guide your decisions when it comes to ordering sushi. By using your purchasing power to buy fish caught or farmed using eco-friendly practices, you are supporting healthy, abundant oceans.

### How does this card work?

Sushi can be an Eco-Best, Eco-OK or Eco-Worst depending on where it came from and how it was caught or farmed. Our guide helps you make the best environmental choices for the oceans. We've also used green hearts and red triangles to indicate the fish that offer the greatest health benefits (e.g. high in omega-3s) or risks (e.g. high in mercury or PCBs), respectively.

### A note about sushi names

Fish are listed first by their Japanese name, then by their most common English name. Japanese names often refer to several types of related fish (e.g. hirame/flounders) or a specific cut of fish (e.g. toro/fatty or belly cut). Sushi is rarely labeled with species name, geographic location, or whether it was wild-caught or farm-raised, so please ask your server or sushi purveyor for this information. Here are some easy questions to get you started:

- Is this fish wild-caught or farm-raised?
- What country or area is it from?
- If it is farmed, how was it grown?
- If it is wild, how was it caught?

### Eating raw fish

Sushi is often uncooked, and may contain parasites or microorganisms that cause food-borne illness. Pregnant women, young children, and people with immune conditions should not eat raw or partially cooked fish. Freezing raw fish before preparing sushi significantly reduces, but does not eliminate, health risks.

For more information, visit:  
[EDF.org/sushi](http://EDF.org/sushi)

From your mobile phone:  
[m.EDF.org/sushi](http://m.EDF.org/sushi)

戴きます



The eco-recommendations in this guide are based on research conducted by Monterey Bay Aquarium Seafood Watch® scientists ([seafoodwatch.org](http://seafoodwatch.org))

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# SUSHI SELECTOR

Sushi choices that are good for you and the ocean



A

A

1. Cut along dotted line.
2. Fold in half along **A**, keeping printed side of paper on outside.
3. Fold in half along **B**, keeping fish list on inside.
4. Fold in half along **C**, keeping Sushi Selector panel in front.

FISH	ECO-BEST	ECO-OK	ECO-WORST
Amaebi/Spot prawn	Canada♥	U.S.♥	
Ankimo/Monkfish liver			All
Awabi/Abalone	U.S. farmed		
Ebi/Shrimp		Canada, U.S.♥	Imported
Gindara/Sablefish	Alaska, Canada♥	California, Oregon, Washington♥	
Hamachi/Yellowtail			Imported, Farmed
Hirame/Flounders, Soles		Pacific	Atlantic
Hon Maguro/Bluefin tuna			All▲
Hotate/Sea scallops		Wild	
Ika/Squid	Longfin (U.S.)	All other	
Ikura/Salmon roe	Alaska wild		Atlantic or farmed
Iwana/Arctic char	Farmed♥		
Iwashi/Sardines	U.S.♥		
Izumidai/Tilapia	U.S.	Latin America	Asia
Kaki/Oysters	Farmed♥	Wild♥	
Kani/Crab		Blue▲, Snow, King (U.S.),	King (imported)
Kanikama/Imitation crab		All	
Katsuo/Bonito, Skipjack tuna	Pole/troll		
Maguro/Bigeye, Yellowfin tuna		Pole/troll	Longline▲
Masago/Smelt roe	Iceland	Canada	
Mirugai/Giant clam	Wild		
Muurugai/Mussels	Farmed♥		
Sake/Salmon	Alaska wild♥	Washington wild▲	Atlantic or farmed▲
Shiro maguro/Albacore tuna	Canada, U.S.♥	Hawaii▲	Imported longline▲
Suzuki/Striped bass	Farmed		
Tai/Porgy, Snapper		Red porgy	Red snapper
Tako/Octopus			All
Toro/Tuna belly		Bigeye/Yellowfin (pole/troll)	Bluefin (all)▲, Bigeye/Yellowfin (longline)▲
Unagi/Freshwater eel			All
Uni/Sea urchin	Canada	California	Maine

♥ A good source of heart-healthy omega-3s and low in contaminants  
▲ Limit consumption due to elevated mercury or PCB levels

More details at [EDF.org/sushi](http://EDF.org/sushi)

▼ C

▼ B

▲ C

▲ B