



**Arctic Char**

**Black Cod**

**Pacific  
Sardines**

**Salmon**

**Rainbow  
Trout**

**Tilapia**

**Longfin  
Squid**

**Spanish  
Mackerel**

**Oysters**

**Mussels**

**Black Cod / Alaska & British Colombia / Wild Caught**

**Arctic Char / US, Canada, Norway & Iceland / Farmed**

**Pacific Sardines / U.S. Pacific / Wild-Caught**

**Tilapia / U.S. / Farmed**

**Oysters / Worldwide / Farmed**

**Mussels / Worldwide / Farmed**

**Salmon / Alaska / Wild-Caught**

**Spanish Mackerel / U.S. Atlantic, Gulf of Mexico / Wild-Caught**

**Rainbow Trout / U.S. / Farmed**

**Longfin Squid / U.S. Atlantic / Trawled**

# 10 Healthy & Sustainable Seafood Choices

This study is based upon the contaminant level (especially the absence of Mercury) and the omega-3 content of the individual fish species.

Information provided by [www.montereybayaquarium.org](http://www.montereybayaquarium.org)