




The Audubon Fish Scale makes it easy for you to make environmentally responsible choices when shopping or dining out. The color scheme reflects the state of the fish or shellfish.

 **ENJOY.** Abundant, relatively well-managed species earn a **green** rating.

 **BE CAREFUL.** Significant concerns about a species' status, fishing methods and/or management puts it in the **yellow** category.

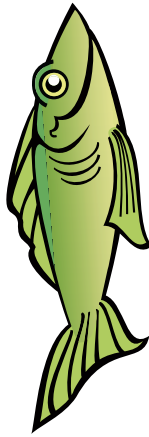
 **AVOID.** If a fish has a lot of problems — such as severe depletion, overfishing or poor management — it's in the **red** category.

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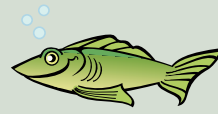


To find out more about the National Audubon Society and how you can help protect our great natural heritage, visit us at [www.audubon.org](http://www.audubon.org)

## Audubon Seafood Wallet Card



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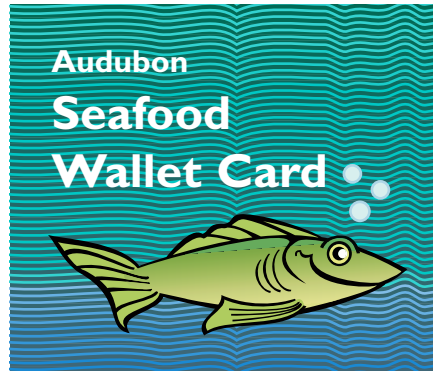
Not all seafoods are equal: Some carry less environmental impact than others because of differences in their abundance, how they're caught, and how well fisheries are managed. The key is to know which species are in good shape and which are not. Our goal is to help you become more familiar with your seafood, so that you're better able to make selections from healthy, thriving sources.

The Fish Scale color bar reflects the state of the fish. If a fish is in good shape — for example, if it's abundant, relatively well-managed, or the fishing methods have little effect on habitat and catch few unintended creatures — it's ranked green. If there are some concerns about a species' status, fishing methods or management, it ranks yellow. Species with significant problems receive a red designation on our Fish Scale.

**SEAFOOD CHOICES  
FOR A HEALTHY PLANET**



Bringing conservation home.



## Your choices can help make our oceans healthy again

Consumer demand has driven some fish populations to their lowest levels ever. But you can be part of the solution by choosing seafoods from healthy, thriving species and fisheries.

Which fish you buy at the market and off the menu will determine our oceans' future. Protecting our marine life is part of Audubon's mission to protect our great natural heritage. You can help with everyday choices that make a difference. Join Audubon today.

### Carry this card in your wallet.

*Consult it when you go to restaurants or grocery stores to purchase fish.*



SC-04

## ENJOY

Anchovies  
Catfish (farmed)  
Crawfish  
Dungeness crab  
Halibut (Pacific)  
Mussels and Clams (farmed)  
Oysters (Pacific farmed)  
Sablefish (Alaska, British Columbia)  
Salmon (Wild Alaskan)  
Sardines  
Striped Bass (farmed)  
Tilapia (U.S. farmed)  
Tuna: Ahi, Yellowfin, Bigeye, Albacore (pole/troll-caught)

FOLD  
HERE

## BE CAREFUL

Cod (Pacific)  
Lobster (American)  
Mahi-Mahi  
Oysters (wild-caught)  
Rainbow Trout (farmed)  
Scallops (bay and sea)  
Shrimp (U.S. farmed or trawl-caught)  
Squid (calamari)  
Swordfish (Atlantic)  
Tuna (canned)  
Tuna: Ahi, Yellowfin, Bigeye, Albacore (longline caught)

## AVOID

FOLD  
HERE

Caviar (imported/wild-caught)  
Cod (Atlantic)  
Chilean Sea Bass (Toothfish)  
Flounder and Soles (Atlantic)  
Grouper  
Halibut (Atlantic)  
Monkfish  
Orange Roughy  
Red Snapper  
Salmon (farmed, including Atlantic)  
Sharks  
Shrimp (imported)  
Tuna: Bluefin

DETACH, FOLD AND CARRY IN YOUR WALLET