

- To use Smithsonian.com's pocket guide:
1. Cut along outer black line.
  2. Fold in half along middle line.
  3. Fold this section in half along center line.
  4. Fold the last section in half to complete guide.



<p>Overfishing, harmful fishery techniques and habitat destruction have brought into question whether many of the world's fish stocks can sustain themselves. Does that mean we should stop eating fish if we care about the sea? "Definitely not," says Carole Baldwin, National Museum of Natural History marine biologist and coauthor of <i>One Fish, Two Fish, Crawfish, Bluefish: The Smithsonian Sustainable Seafood Cookbook</i>.</p> <p>There are plenty of fisheries that use eco-friendly methods and limit their take with species' long-term survival in mind, Baldwin says.</p> <p>Smithsonian.com offers the following guide to ocean-friendly eating.</p>	<p><b>BEST</b></p> <p>Of all the seafood choices a consumer in North America can make, these are the most eco-friendly.</p> <p><b>GOOD</b></p> <p>For the most part, fish from this group are safe to eat without harming the ocean.</p> <p><b>OK, BUT</b></p> <p>Eater beware. Consult <i>Smithsonian.com/ecocenter</i> for more information on fish from this group before buying or ordering.</p> <p><b>BAD</b></p> <p>Eating fish from this group will add to the problems facing the world's fish stocks.</p> <p><b>WORST</b></p> <p>For now, anyone concerned with the sustainability of the ocean should avoid eating these fish.</p>	<p>This list was compiled with help from Carole Baldwin, National Museum of Natural History marine biologist.</p> <p>Cover image: Robert Marien/Corbis Inside images: iStockphoto</p>  <p>Smithsonian National Museum of Natural History</p> <p><b>Learn More!</b> Visit <a href="http://Smithsonian.com/ecocenter">Smithsonian.com/ecocenter</a></p>	<p>Smithsonian.com</p> <p><b>OCEAN FRIENDLY EATING</b></p> <p>A sea life lover's guide to seafood</p>
<p><b>WORST CHOICES</b></p> <ul style="list-style-type: none"> <li>❖ Sharks</li> <li>❖ Red snapper</li> <li>❖ Imported caviar from wild sturgeon</li> <li>❖ Orange roughy</li> <li>❖ Bluefin tuna</li> <li>❖ Chilean sea bass (other than from an MSC-certified fishery)</li> </ul> 	<p><b>OK, BUT CHOICES</b></p> <ul style="list-style-type: none"> <li>❖ Alaskan snow and king crab</li> <li>❖ U.S. brown, pink and white shrimp</li> <li>❖ Blue crabs</li> <li>❖ Swordfish</li> <li>❖ Yellowfin, skipjack and albacore tuna</li> <li>❖ Atlantic salmon</li> <li>❖ Sole</li> <li>❖ Atlantic flounder, plaice, halibut and</li> <li>❖ Caribbean-imported spiny lobster</li> <li>❖ Monkfish, Pacific rockfish, tilefish and king mackerel</li> <li>❖ Foreign-farmed shrimp and crawfish</li> <li>❖ Imported swordfish</li> </ul>	<p><b>GOOD CHOICES</b></p> <ul style="list-style-type: none"> <li>❖ Mahi mahi/dolphin fish (U.S.)</li> <li>❖ Organic farmed salmon from British Columbia, Ireland and Scotland</li> <li>❖ Squid</li> <li>❖ Anchovies, sardines, Atlantic herring and smelts</li> <li>❖ Pacific cod</li> <li>❖ Atlantic and Spanish mackerel</li> <li>❖ Farmed bay scallops</li> <li>❖ Atlantic sea scallops</li> <li>❖ American lobster</li> <li>❖ Ocean shrimp, Northern pink shrimp and spot prawns</li> <li>❖ U.S. Crawfish</li> </ul>	<p><b>BEST CHOICES</b></p> <ul style="list-style-type: none"> <li>❖ U.S. farm-raised oysters, mussels and clams</li> <li>❖ U.S. farm-raised barramundi, striped bass (rockfish), white sturgeon, catfish, tilapia and trout</li> <li>❖ Sabelfish</li> <li>❖ Alaskan salmon</li> <li>❖ Pollock (aka frozen fish sticks, imitation crabmeat)</li> <li>❖ Pacific halibut</li> </ul> 

Fold 2

Fold 1