

P O C K E T

# SUSHI SELECTOR



Sushi choices that are  
good for you and the ocean

e

ENVIRONMENTAL DEFENSE FUND

finding the ways that work

**Sushi names:** Fish are listed by their Japanese name, then English common name. Japanese names often refer to several types of fish, or a specific cut of fish, and may appear in more than one category.

**Raw fish:** Sushi is often uncooked, and may contain parasites or micro-organisms that cause food-borne illness. Pregnant women, young children, older adults, and people with immune conditions should not eat raw or partially cooked seafood.

Freezing raw fish before preparing sushi significantly reduces, but does not eliminate, health risks.

For more information, visit:

**[EDF.org/seafood](http://EDF.org/seafood)**

From your mobile phone:

**[m.EDF.org/seafood](http://m.EDF.org/seafood)**

# BEST CHOICES

- Amaebi/Spot prawns (Canada)
  - Awabi/Abalone (U.S. farmed)
  - Gindara/Sablefish (Alaska, Canada)
  - Hirame/Pacific halibut
  - Hotate/Bay scallops (farmed)
  - Ikura/Salmon roe (Alaska wild)
  - Iwana/Arctic char (farmed)
  - Iwashi/Sardines (U.S.)
  - Izumidai/Tilapia (U.S.)
  - Kaki/Oysters (farmed)
  - Kanikama, Surimi/Alaska pollock
  - Masago/Smelt roe (Iceland)
  - Mirugai/Geoduck, giant clam (wild)
  - Murugai/Mussels (farmed)
  - Sake/Salmon (Alaska wild)
  - Shiro Maguro/Albacore tuna  
(Canada, U.S.)
  - Suzuki/Striped bass (farmed)
  - Uni/Sea urchin roe (Canada)
- 
- Indicates fish high in heart-healthy omega-3s **and** low in contaminants.

# OK CHOICES

- Amaebi/Spot prawns (U.S.)
- Ebi/Shrimp (U.S. wild)
- Gindara/Sablefish (CA, OR, WA)
- Hamachi/Yellowtail (U.S.)
- Hirame/Flounders and soles (Pacific)
- Hotate/Sea scallops (Canada, U.S.)
- Ika/Squid
- Kaki/Oysters (wild)
- Kani/Blue crab
- Kani/King crab (U.S.)
- Kani/Snow crab
- Kanikama, Surimi (not Alaska pollock)
- Maguro/Bigeye or yellowfin tuna (pole/troll)
- Masago/Smelt roe (Canada)
- Sake/Salmon (Washington wild)
- Tai/Red porgy (U.S.)
- Toro/Bigeye or yellowfin tuna belly (pole/troll)
- Uni/Sea urchin roe (California)

More details at [EDF.org/seafood](https://www.edf.org/seafood).

# WORST CHOICES

Ankimo/Monkfish liver

Ankoh/Monkfish

Ebi/Shrimp (imported)

Hamachi/Yellowtail (Australia, Japan)

Hirame/Flounders and soles (Atlantic)

Hirame/Halibut (Atlantic)

● Hon Maguro/Bluefin tuna

Ikura/Salmon roe (farmed  
or Atlantic)

Kani/King crab (imported)

● Maguro/Bigeye or yellowfin tuna  
(longline)

● Sake/Salmon (farmed or Atlantic)

● Shiro Maguro/Albacore tuna  
(imported longline)

Tai/Red snapper

Tako/Octopus

● Toro/Bigeye or yellowfin tuna belly  
(longline)

● Toro/Bluefin tuna belly

Unagi/Freshwater eel

Uni/Sea urchin roe (Maine)

● Indicates fish high in mercury or PCBs.

**Choosing fish:** Sushi is rarely labeled with species names, where the fish came from, or whether it was caught or farmed. Ask your server, chef or sushi purveyor for this information.

e

**ENVIRONMENTAL DEFENSE FUND**

finding the ways that work

Created in collaboration with  
Blue Ocean Institute (**[blueocean.org](http://blueocean.org)**)  
and the Monterey Bay Aquarium  
(**[seafoodwatch.org](http://seafoodwatch.org)**).

©October 2008 Environmental Defense Fund

Printed on recycled paper (30% postconsumer),  
processed chlorine free.