

## sound fishy to you?

Here's what the buzzwords really mean.

### ■ **WILD:** The word evokes lone

fishermen in small boats. In fact, wild

fish are often caught by big ships

dragging large nets, lines, or dredges,

which deplete fish populations and pick

up unintended "by-catch," says Sheila

Bowman, Seafood Watch outreach

manager at the Monterey Bay Aquarium,

in Monterey, California. In general, opt

for U.S. farmed fish over wild.

■ **FARMED:** Many fish—like rainbow

trout, striped bass, and shellfish—

thrive in farms, where they are raised in

underwater pens. But a few types—like

Atlantic salmon and imported shrimp—

are often raised with troubling

practices. Because these varieties are

carnivorous, they need to be fed great

quantities of wild-caught fish, and that

contributes to overfishing. In addition,

*\* Because this fish is high in mercury or other contaminants, those who are pregnant, nursing, of child-bearing age, or feeding young children should avoid it entirely.*

## how to shop for seafood

If you've been wondering whether mahimahi is mercury-free, worry no more: *Real Simple* asked Tim Fitzgerald, a marine scientist for the nonprofit organization Environmental Defense, to explain which fish are the healthiest for you—and the environment. His suggestions on how frequently to consume many of the most common fish—or whether to eat them at all—are based on their mercury levels and whether the way the fish were farmed or caught causes damage to ocean ecosystems. (Some seafood, like salmon, tuna, and shrimp, appear several times on the list, depending on their variety and origin.) If you aren't sure where your fish comes from, ask your grocer or restaurant waiter.

### AVOID

- Caviar, imported wild
- Chilean sea bass\*
- Cod, Atlantic
- Crab, king; imported
- Crawfish, China
- Flounder and sole, Atlantic
- Grouper\*
- Haddock
- Halibut, Atlantic
- Monkfish
- Orange roughy\*
- Rockfish, Pacific
- Salmon, farmed or Atlantic
- Shark\*
- Shrimp and prawns, imported
- Skate
- Snapper, red
- Swordfish, imported\*
- Tilapia, Asia
- Tuna, bluefin\*
- Tuna, yellowfin (a.k.a. ahi); imported\*

### ONCE A MONTH

- Basa or tra (a.k.a. catfish), Vietnam
- Clams, wild
- Cod, Pacific
- Crab, blue\*
- Crab, king; U.S.
- Crab, snow (a.k.a. tanner)
- Flounder and sole, Pacific
- Haddock
- Lobster, American or Maine
- Mahimahi
- Sablefish (a.k.a. black cod); California, Oregon, or Washington
- Salmon, wild; California, Oregon, or Washington
- Scallops, sea; New England or Canada
- Shrimp, northern; U.S. or Canada
- Shrimp, wild; U.S.
- Squid
- Swordfish, U.S.\*
- Tilapia, Latin America
- Tuna, albacore (a.k.a. white); canned; imported\*
- Tuna, light; canned
- Tuna, yellowfin (a.k.a. ahi); U.S.\*

### TWICE A WEEK

- Anchovies, farmed
- Barramundi, U.S. farmed
- Catfish, U.S.
- Caviar, U.S. farmed
- Char, Arctic; farmed
- Clams, mussels, and oysters; farmed
- Crab, Dungeness and stone
- Crawfish, U.S.
- Herring, Atlantic
- Mackerel, Atlantic
- Salmon, Alaskan wild
- Sardines
- Scallops, bay; farmed
- Shrimp, U.S.
- Striped bass, farmed
- Sturgeon, farmed
- Tilapia, U.S.
- Trout, rainbow; farmed

### ONCE A WEEK

- Halibut, Pacific
- Sablefish (a.k.a. black cod), Alaska or Canada
- Tuna, albacore (a.k.a. white); canned or fresh; U.S. or Canada\*



2008  
Healthy-seafood Guide  
REAL SIMPLE

## the facts about mercury in fish

The benefits of eating fish far outweigh the risks for most people, according to researchers at Harvard University. Fish is high in protein and rich in vitamin D, and it may well lower your chances of developing heart disease. The exceptions are those who are pregnant or nursing or have young children or are planning to: They need to watch what they eat because some fish are contaminated with mercury, which can cause neurological damage to children. (The toxin is mostly produced by industrial sources, like coal-burning power plants, which release mercury into the air.) If you're in one of these groups, the U.S. Food and Drug Administration suggests you avoid fish that are high in mercury (those marked with \* here) and limit your intake to 12 ounces (two meals) a week.

they're crammed into small pens in huge numbers, increasing their risk for disease. Fishes try to fight this risk by feeding the fish large doses of antibiotics, which linger in our water. At the market, go for wild salmon and American farmed shrimp.

■ **COUNTRY OF ORIGIN:** Federal law

requires that fresh and frozen fish in

stores be labeled with the place it was

caught or processed. As a rule, "Made

in the USA" is a good sign. "Our

fishes aren't perfect," says Tim

Fitzgerald of Environmental Defense.

"But we do have more safeguards in

place than Asia or Latin America, where

most of our other fish comes from."

*For recipes featuring healthy fish picks, go to*

[www.realsimple.com/fish](http://www.realsimple.com/fish).