



ARIZONA CENTER FOR  
**Integrative Medicine**

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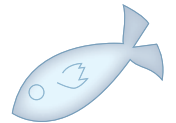
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[www.azcim.org](http://www.azcim.org)

When shopping for seafood, please first consider items that are...  
good for your health  
farmed or fished responsibly  
ocean-friendly

Rich in Omega-3s = 3

High in Omega-6s = 6



**Best Choices**

Salmon (wild) (farmed: generally bad; 3  
one exception: SweetSpring)

Black cod/sablefish 3

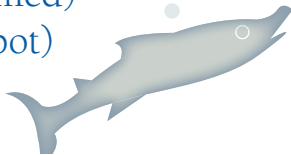
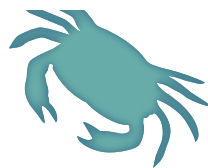
Sardines 3



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## Good choices

Herring: Atlantic 3  
Pollock (Alaska wild)  
Arctic Char (farmed) 3  
Trout: Rainbow (farmed)  
Cod: Pacific (Alaska longline)  
Halibut: Pacific (small fish only)  
Clams (farmed)  
Crab: Dungeness, Stone  
Lobster: Spiny  
(US – identifiable by large claw)  
Mussels (farmed)  
Oysters (farmed)  
Scallops: Bay (farmed)  
Prawns (Pacific spot)



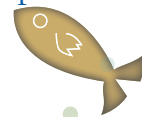
Tuna: Albacore

(US, British Columbia troll/pole)

Tuna: Skipjack (troll/pole)

Tilapia (US farmed) 6

Catfish (US farmed) 6



## Acceptable alternatives

Lobster: American/Maine

Mahi Mahi/Dolphinfish (US)

Scallops: Sea

Shrimp (US farmed or wild)

Squid

Swai, Basa (farmed)

Tuna: Bigeye, Yellowfin (troll/pole)

Tuna: Canned light, canned,  
Yellowtail (US farmed)

