



For comprehensive information about a range of fisheries issues please refer to:

MCS Good Fish Guide

This MCS book provides comprehensive information on fishing methods and management; impacts of fishing on marine life and local communities; and information on biology, status, capture methods and fishing impacts for 65 species of fish commonly eaten in the UK.

196pp, full colour, £10 from MCS

www.fishonline.org

This MCS website builds on the information contained in the Good Fish Guide and provides definitive advice for over 150 fish species. A rating of 1-5 is given for each fishery dependent on its sustainability and fisheries impact. For detailed information about the species listed in this guide and information on stocks which are depleted or overfished refer to fishonline.

The Marine Conservation Society (MCS) is dedicated to the protection of our seas, shores and wildlife.

By raising consumer awareness of the issues related to producing fish MCS aims to protect fish stocks, livelihoods and marine life and promote sustainable management of both wild and farmed fish.

By using the Pocket Good Fish Guide to buy eco-friendly fish, you can help secure a sustainable future for both our fish and our seas.

To find out more or join MCS and help save our seas contact:

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Pocket Good Fish Guide 2006

A quick reference to
buying 'eco-friendly' fish



Marine
Conservation
Society

www.fishonline.org

Why buy eco-friendly fish?

Consumers can make a real difference to the way our fish stocks are managed. By only choosing fish from healthy, responsibly managed sources, caught using methods which minimize damage to the marine environment and other species, you can help drive the market for sustainable seafood.

If in doubt, ask!

Don't be afraid to ask your fishmonger or the supermarket where and how the fish you buy was caught.

Look at labelling information

for details of where the fish have been caught (this is the minimum EU labelling required). Look out for labelling schemes such as the Marine Stewardship Council (MSC) logo.



Fish to eat

The fish on this list come from well-managed, sustainable stocks and in MCS opinion are the best choices.

best choices

- **Abalone** (farmed only)
- **Brown crab** (pot caught off south Devon coast)
- **Clam** (e.g. hand raked)
- **Cockle** (from Burry Inlet, Wales)
- **Cod, Pacific**
- **Dover sole** (from Eastern English Channel)
- **Herring** (from Thames Blackwater, North Sea and Eastern English Channel)
- **Lobster, California red rock**
- **Lobster, Western Australia rock**
- **Mussel** (e.g. rope grown)
- **Oyster** (farmed native and Pacific)
- **Salmon, Pacific** (from Alaska)
- **Scallop** (e.g. dive caught)
- **Scampi, Dublin Bay prawn or langoustine** (from Loch Torridon, NW Scotland - not available in the UK)
- **Seabass** (tagged from Cornwall)

next best choices

- **Alaska or walleye pollock** (from Alaska)
- **Bib or pouting**
- **Black bream, porgy or seabream** (from Cornwall or NW and N Wales)
- **Cape hake** (from South Africa)
- **Cod, Atlantic** (farmed organic only)
- **Coley or saithe** (from NE Arctic and combined North Sea stock)
- **Dab**
- **Flounder** (from Cornwall or NW and N Wales)
- **Gurnard**
- **Halibut, Pacific**
- **Lemon sole** (otter trawled from Cornwall)
- **Lythe or pollack** (tagged from Cornwall)
- **Mackerel** (from Cornwall)
- **Mahi mahi** (handline caught)
- **Pilchard or sardine, European** (from Cornwall)
- **Red mullet** (not from Mediterranean)
- **Salmon, Atlantic** (farmed organic only)
- **Scampi, Dublin Bay prawn or langoustine** (pot caught from west of Scotland)
- **Spider crab** (pot caught only)
- **Tilapia** (farmed)
- **Trout, brown or sea and rainbow** (farmed organic)
- **Tuna, albacore** (pole and line, handline or troll-caught from south Pacific or south Atlantic)
- **Tuna, skipjack** (pole and line or handline-caught from Pacific (western & central) Pacific or Maldives)
- **Tuna, yellowfin** (pole and line, handline or troll-caught from Pacific (western & central) or Atlantic)
- **Whiting** (from English Channel)
- **Winkle** (hand picked)

Fish to avoid

Avoid these fish at present. They come from unsustainable, overfished and/or badly managed fisheries, and/or have high levels of by-catch.

- **Alfonosinos or golden eye perch**
- **Anchovy** (from the Bay of Biscay)
- **Argentine**
- **Black scabbardfish** (trawled from Northern stocks)
- **Blue ling**
- **Brill** (from North Sea only)
- **Chilean seabass or Patagonian toothfish** (from non-certified fisheries)
- **Cod, Atlantic** (from depleted stocks*)
- **Dogfish or spurdog**
- **Dover sole** (from overfished stocks*)
- **Eel, European**
- **Greater forkbeard**
- **Groupers**
- **Haddock** (from Rockall only)
- **Hake, European** (from Southern stocks)
- **Halibut, Atlantic** (wild caught)
- **Halibut, Greenland** (from overfished stocks*)
- **Herring** (from depleted stocks*)
- **Ling**
- **Marlin** (blue, Indo-Pacific & white)
- **Monkfish or anglerfish** (from overfished stocks*)
- **Nursehound**
- **Orange roughy**
- **Plaice** (from overfished stocks*)
- **Rat or rabbit fish**
- **Ray** (except mature cuckoo, spotted and starry)
- **Red or blackspot seabream**
- **Redfish or ocean perch**
- **Roundnose grenadier**
- **Salmon, Atlantic** (wild caught)
- **Scampi, Dublin Bay prawn or langoustine** (N, NW Spain and Portuguese coast)
- **Seabass** (trawl caught only)
- **Shark** (incl. deepwater sharks)
- **Skate**
- **Snapper** (mutton, cubera & northern red)
- **Sturgeon** (wild-caught)
- **Swordfish** (except from U.S. managed fishery)
- **Tiger prawn** (except organically farmed)
- **Tuna** (All bigeye and bluefin tuna. Albacore from N Atlantic, Mediterranean & Indian Ocean)
- **Turbot** (wild caught from the North Sea only)
- **Tusk or torsk**
- **Wolfish**

* For detailed information on species, fishing methods and depleted or overfished stocks visit www.fishonline.org

Avoid eating deepwater species as generally they are long-lived, slow growing, late to mature and therefore vulnerable to over fishing. Deepwater fisheries are also largely unregulated and poorly managed.

ALSO avoid eating fish during their breeding season and immature, small, undersized fish and shellfish which have not yet reproduced.

Visit www.fishonline.org for more information

KEY:



Dolphin friendly



Line caught



Sustainably harvested or farmed



Traditionally harvested



Marine Stewardship Council Certified



Soil Association Certified



Organic Food Federation Certified



Deepwater species