

# Traffic-Light Seafood ~ Eat Safe!

(The Omega-3 Effect page 186)

## **Green-Light Fish**

Safe, enjoy without limit

Salmon  
(canned, fresh, frozen)  
Sole  
Shrimp  
Arctic char  
Tuna, Pacific  
Tuna, canned light  
Halibut, Alaskan  
Anchovies  
Sardines  
Catfish (U.S.)  
Rainbow trout  
Whitefish  
Whiting  
Sablefish, Alaskan  
Cod, Pacific  
Butterfish  
Clams  
Crab, Dungeness  
Crawfish  
Croaker, Atlantic  
Flounder  
Haddock, Atlantic  
Hake  
Herring  
Mackerel, North Atlantic  
Oysters  
Perch, ocean  
Squid  
Pollock  
Scallops

## **Yellow-Light Fish**

Safe, enjoy up to 12 oz. per wk.

Bass, striped  
Mahi-mahi  
Tuna, Albacore, Yellow Fin  
Lobster  
Halibut, Atlantic  
Sea bass  
Shrimp, Atlantic  
Bluefish  
Carp  
Croaker, white, Pacific  
Orange roughy  
Perch, freshwater  
Rockfish

## **Red-Light Fish**

Don't eat! Likely to be contaminated.

Shark  
Swordfish  
Tilefish , Gulf of Mexico  
King Mackerel  
Marlin  
Tilapia

\*The bigger the fish, the higher the mercury content.

For updates check: [http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/download.aspx](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/download.aspx)

For excellent, quality seafood Dr. Sears' Wellness Institute Recommends [www.vitalchoice.com](http://www.vitalchoice.com)  
Be sure to mention that you are a LEAN Coach and check out our Vital Choice Affiliate Program