

'Fish to Eat' and 'Fish to Avoid' lists 2008-09

When assessing the sustainability of species and their appropriate stocks for Fishonline, the Marine Conservation Society (MCS) assesses the biology of the species, the stock status, management of the fishery, the impacts of the fishing or farming methods on the environment, and whether the fishery is certified. From this assessment MCS then assigns each fishery with a rating, reflecting its relative sustainability. The 'Fish to Eat' list is created by list the species that are given a rating of 1 (best choice) or a 2 (next best choice), with the 'Fish to Avoid' list consisting of species rated with a 5 and in MCS' opinion they should be avoided. The 'Fish to Eat' and 'Fish to Avoid' lists are provided here for your information.

There is an increase in the number of species on the 'Fish to Avoid' list this year, but this is due to separating the grouped species such as tuna and skates & rays into their separate species. There are in fact only 6 new species on the fish to avoid list and in terms of stocks, there are 10 stocks which have been removed from the fish to avoid list and only 7 have been added.

Fish to Eat List

No.	Common Name	Scientific Name	Rating	Advice
1	Abalone or ormer (farmed only)	<i>Haliotis tuberculata</i> , <i>H. discus hanai</i>	2	Shellfish farming is a low impact form of mariculture. Abalone are farmed and harvested with little impact on the environment, particularly if they are fed on seaweed and farmed in land based systems.
2	Alaska or walleye pollock (MSC certified)	<i>Theragra chalcogramma</i>	2	Alaska pollock fisheries are well managed by a system of Total Allowable Catches and quotas. Although by-catch is problematic in pelagic mid-water trawl fisheries, measures are in place to reduce impacts of the fishery on protected species. In 2005, the Bering Sea/Aleutian Islands pollock fishery became the 11th fishery in the world to be certified to the MSC Standard. The Gulf of Alaska pollock fishery was also certified by the MSC as a responsible fishery in 2005. Illegal, Unreported and Unregulated (IUU) fishing is associated with Russian Far East pollock fisheries. Eat Alaskan pollock from MSC certified fisheries only.
3	Bib or pouting	<i>Trisopterus luscus</i>	2	Bib or pouting is a short-lived species common in British inshore waters. It is not commercially fished and therefore not assessed and no information is available on its stock status. When buying, choose mature (over 20cm) locally caught fish. Avoid eating fresh (not previously frozen) fish caught during their spawning season (March to April).
4	Black bream or porgy or seabream	<i>Spondyliosoma cantharus</i>	2	Increase the sustainability of the fish you eat by choosing line-caught fish where available, or fish taken in fixed nets where measures to deter marine mammals have been adopted. Avoid eating immature fish (less than 23cm) caught prior to and during their spawning

				season (April & May in UK inshore waters), thus allowing them chance to spawn or reproduce.
5	Clam, American hardshell (from hand-gathered farmed sources only)	<i>Mercenaria mercenaria</i>	1	Shellfish farming is an extensive, low-impact method of mariculture where high quality water standards are required for cultivation of shellfish for human consumption. When buying any farmed fish, including shellfish, ask your fish supplier if they have a buying policy that ensures that high environmental farming standards are required.
6	Clam, carpet shell (hand-gathered only)	<i>Venerupis pullastra</i>	2	Choose hand gathered clams where possible. Avoid eating undersized animals (less than 10mm) and wild clams harvested during the spawning season (May - September). Although the stocks are unassessed, the fisheries it supports are small and they are seen as underfished.
7	Clam, manila (from hand-gathered farmed sources only)	<i>Tapes philippinarum</i>	1	Shellfish farming is an extensive, low-impact method of mariculture, where high quality water standards are required for cultivation of shellfish for human consumption. Manual harvesting methods cause less disturbance to sediment than mechanical methods. When buying any farmed fish, including shellfish, ask your fish supplier if they have a buying policy that ensures that high environmental farming standards are required.
8	Clam, razor (hand-gathered only)	<i>Ensis spp.</i>	2	Choose hand collected or raked razor clams where possible, as these harvesting methods have a lower environmental impact than dredging and are more selective. Avoid eating undersized animals (less than 10cm) and wild clams harvested during the spawning season (May - September).
9	Clam, warty venus (hand-gathered only)	<i>Venus verrucosa</i>	2	Choose clams above the legal size (over 40mm) that have been harvested using sustainable and selective methods such as hand-gathering.
10	Cockle (hand-gathered only)	<i>Cerastoderma edule</i>	2	Choose cockles harvested by sustainable methods only, such as licensed hand gathering. Avoid eating those caught during their breeding season from March to August. Burry Inlet cockles are MSC certified and provide the most sustainable option in the UK.
11	Cod, Atlantic (Organically farmed only)	<i>Gadus morhua</i>	2	Choose cod farmed to high environmental standards such as those implemented by organic producers. Organic standards ensure that no antifoulants are used on pens, stocking densities are limited and feed is sourced sustainably. Farms complying with the RSPCA Freedom Foods scheme ensure that high welfare standards are met including reduced stocking densities. See details on product labelling or packaging

				for this information, or ask your fish supplier.
12	Cod, Pacific (MSC certified from Bering Sea and Aleutian Islands only)	<i>Gadus macrocephalus</i>	1	The Pacific cod fishery is reported to be well-managed with healthy stocks. By-catch is monitored and the fishery closed if acceptable by-catch levels are exceeded. The US longline freezer sector targeting Pacific cod in the eastern Bering Sea and Aleutian Islands was certified as an environmentally responsible fishery by the Marine Stewardship Council (MSC) in February 2006.
13	Coley or saithe (MSC certified from Norwegian waters only)	<i>Pollachius virens</i>	1	The stock from these combined areas is within sustainable limits and harvested sustainably. Choosing fish caught by more selective fishing methods, e.g. longline or jig, can further increase the sustainability of the fish you eat. The Marine Stewardship Council assessed the Norwegian fishery for North Sea saithe as an environmentally responsible fishery.
14	Crab, edible or brown (pot caught off south Devon coast)	<i>Cancer pagurus</i>	1	Potting is a low impact method of fishing - avoid eating brown crab caught by other methods such as by dredge, net or beam trawl. The Inshore Potting Agreement crab fishery has stable levels of effort, strong and effective harvest controls, and is managed in a manner that is consistent with objectives of sustainable exploitation. Choose crab pot-caught from the Inshore Potting Agreement Area in Devon.
15	Crab, spider (pot caught only)	<i>Maia squinado</i>	2	Tangle nets are the main fishing method used to capture spider crabs. Netting is less sustainable than potting due to associated levels of by-catch of non-target species. Avoid eating immature crabs below legal minimum landing size (120 mm maximum body width), egg-bearing crabs and fresh (not previously frozen) crabs caught during the spawning season (April-July).
16	Dab	<i>Limanda limanda</i>	2	Increase the sustainability of the dab you eat by choosing fish caught by seine netting. This method causes less damage to the seabed and catch is of better quality than that taken in a demersal trawl. Avoid eating immature fish below the size at which they breed (20 cm) and fresh (not previously frozen) fish caught during or prior to the breeding season (April -June).
17	Dublin Bay Prawn or langoustine or scampi (MSC certified from Loch Torridon only)	<i>Nephrops norvegicus</i>	1	Increase the sustainability of the scampi (Nephrops) you eat by choosing pot or creel caught rather than trawled fish. The Marine Stewardship Council certifies the pot or creel fishery in Loch Torridon, North West Scotland, as environmentally responsible. However, this product is not available in the UK as the catch is

				shipped weekly to Spain.
18	Flounder	<i>Platichthys flesus</i>	2	Avoid eating immature fish (less than 25 cm) and fresh (not previously frozen) fish caught during spawning season (February-May in the North sea). In Cornwall and North Western & North Wales Sea Fisheries Districts, landing flounder below 25 cm is prohibited. Choose fish from Cornwall, North Wales or the North West where available.
19	Gurnard, grey	<i>Eutrigla gurnardus</i>	2	Grey gurnard is a fast growing fish and matures early at a large size. Avoid eating immature fish (less than 24cm) and fresh (not previously frozen) fish caught during spawning season (April-August).
20	Gurnard, red	<i>Aspitrigla cuculus</i>	2	Red gurnard is a fast growing fish and matures early at a large size. Avoid eating immature fish (less than 20cm) and fresh (not previously frozen) fish caught during the spawning season (summer).
21	Herring or sild (from Norwegian stocks)	<i>Clupea harengus</i>	2	The spring-spawning herring stock in this area is classified as healthy and harvested sustainably.
22	King mackerel or kingfish	<i>Scomberomorus cavalla</i>	2	King Mackerel comes from a well-managed fishery. Based on the 2003 stock assessment, the South Atlantic stock is considered healthy and not overfished. A new assessment is planned for 2008. Avoid eating juvenile fish, particularly those that may be under the minimum landing size of 60cm.
23	Lobster, Mexican Baja or California red rock (MSC certified)	<i>Panulirus interruptus</i>	2	Choose MSC certified Mexican Baja California Red Rock Lobster as management measures are in place to ensure the fishery is sustainable. The fishery was certified by the Marine Stewardship Council as an environmentally responsible fishery in April 2004.
24	Lobster, Western Australian rock (MSC certified)	<i>Panulirus sygnus</i>	1	Choose MSC certified Western Australian Rock Lobster as management measures are in place to ensure the fishery is sustainable. The Western Australian Rock Lobster fishery was one of the first fisheries to be certified as an environmentally responsible fishery by the Marine Stewardship Council (MSC) in 2000.
25	Mahi Mahi or dorado or common dolphinfish	<i>Coryphaena hippurus</i>	2	Mahi mahi is a short-lived species and can sustain fishing provided stocks are managed responsibly. The most selective and sustainable choice to make is fish caught by hand-lining methods in small artisanal fisheries.
26	Mussel, common/blue (rope-grown or hand gathered)	<i>Mytilus edulis</i>	1	Shellfish farming is an extensive, low-impact method of mariculture where high quality water standards are required for cultivation of shellfish for human consumption. Manual harvesting methods cause less disturbance to

				sediment than mechanical methods.
27	Oyster, native (farmed only)	<i>Ostrea edulis</i>	1	Shellfish farming is an extensive, low-impact method of mariculture where high quality water standards are required for cultivation of shellfish for human consumption.
28	Oyster, Pacific (farmed only)	<i>Crassostrea gigas</i>	1	Shellfish farming is an extensive, low-impact method of mariculture where high quality water standards are required for cultivation of shellfish for human consumption.
29	Pollack or lythe	<i>Pollachius pollachius</i>	2	The best choice to make, in terms of selectivity, is handline-caught pollack. For more information on line-caught pollack from Cornish waters see www.linecaught.org.uk . Avoid eating immature fish (below 50 cm) and during its breeding season (January to April).
30	Prawn, northern (from Northeast Arctic only)	<i>Pandalus borealis</i>	2	The stock is assessed as having full reproductive capacity or healthy and is harvested sustainably.
31	Red mullet (not from Mediterranean)	<i>Mullus surmuletus</i>	2	Taken as by-catch in trawl fisheries. Avoid eating immature fish (less than 22 cm) and fresh (not previously frozen) fish caught during the spawning season (May-July).
32	Salmon, Alaskan (5 species are certified by MSC)	<i>Onchorhynchus gorbuscha</i> , <i>O. kisutch</i> , <i>O. keta</i> , <i>O. tshawytscha</i> , and <i>O. nerka</i> .	1	All 5 species of Pacific salmon caught in Alaskan waters are from fisheries certified by the Marine Stewardship Council (MSC) as environmentally responsible. Fisheries underwent reassessment in 2006 and it was concluded that all Alaskan salmon fisheries continued to meet MSC criteria.
33	Salmon, Atlantic (Organically farmed only)	<i>Salmo salar</i>	2	Choosing farmed salmon that has been certified by the Soil Association as organic ensures that feed is sourced sustainably, stocking densities are reduced and chemical usage is minimised. Farms complying with the RSPCA Freedom Foods scheme ensure that high welfare standards are met including reduced stocking densities.
34	Sardine or pilchard (from Cornwall)	<i>Sardina pilchardus</i>	2	Choose Cornish sardines from small-scale fisheries caught in the South West of England using traditional drift or ring nets.
35	Scallop, king (hand gathered/dive collected farms only)	<i>Pecten maximus</i>	1	Choose scallops from responsibly managed farms such as those complying with the Association of Scottish Shellfish Growers Code of Good Practice.
36	Seabass (handline caught and MSC certified from Holderness coast)	<i>Dicentrarchus labrax</i>	2	Line-caught seabass is a more sustainable choice than fish caught by either trawl or fixed nets. Choose fish that has been sustainably caught by handlining methods and is identified by a tag in its gill. Ask for fish that has been tagged. For more information see www.linecaught.org.uk . The gill net fishery on the Holderness coast was certified as environmentally responsible by the Marine Stewardship Council

				(MSC) in October 2007, and is another sustainable option.
37	Snapper, malabar blood or scarlet perch (from Western Australia)	<i>Lutjanus malabaricus</i>	2	The Malabar blood snapper caught off the north Western Australian coast has a moderate growth rate and relatively healthy stock levels at present. The fishery is tightly managed through the use of transferable effort allocations and much of the management area is closed to trawling. Trap caught fish are a better choice than trawl caught but further measures are being implemented to improve the management of the trawl fishery.
38	Snapper, red (Western Australia Trap fishery only)	<i>Lutjanus erythropterus</i>	1	The red snapper caught off the north Western Australian coast is a fast growing species whose stock levels are currently healthy. The fishery is tightly managed through the use of transferable effort allocations and much of the management area is closed to trawling. Trap caught fish are the best choice as this fishery has minimal bycatch and habitat effects and has been certified as environmentally sustainable by the Australian Government Department of Environment and Heritage.
39	Sole, common or Dover (MSC certified from Hastings; or Celtic Sea, Skaggerak and Kattegat)	<i>Solea solea</i>	2	ICES classify these stocks as healthy. To increase the sustainability of the fish you eat, choose sole from the Hastings Fleet trammel net fishery, which is certified as an environmentally responsible fishery by the Marine Stewardship Council. Avoid eating immature sole (less than 28cm) and fresh (not previously frozen) fish caught during the breeding season (April-June).
40	Sole, lemon (demersal otter trawl only)	<i>Microstomus kitt</i>	2	The fishery for lemon sole is largely unregulated. Only stocks in Norwegian and North Seas are subject to mixed quota restrictions. Choose fish landed in Cornwall where a minimum landing size (25 cm) above the size at which it matures is enforced. Avoid eating immature fish (below 25 cm) and during its breeding period April-August.
41	Squid, Atlantic and European (jig caught)	<i>Loligo forbesii</i> and <i>L. vulgaris</i>	2	Jigging for squid is a 'clean' fishing method with no bycatch. In the UK, jigging takes place in small artisanal fisheries and the product is of a high quality due to the short time between catching the squid and landing to the markets. Choose jig caught squid where possible.
42	Tilapia (farmed)	<i>Oreochromis niloticus niloticus</i>	2	When buying any farmed fish, ask your fish supplier if they have a buying policy to ensure they only source fish from farms with high environmental and welfare standards.
43	Trout, brown or sea (Organically farmed only)	<i>Salmo trutta</i>	2	By choosing organically farmed trout, you can ensure that it has been grown in systems with lower stocking densities,

				fed on a sustainable supply of food and produced to high welfare standards.
44	Trout, rainbow (Organically farmed only)	<i>Oncorhynchus mykiss</i>	2	Buying organically farmed trout is the best choice to make as fish stocking densities are generally lower in comparison to non-organic farms, feed is sourced sustainably and welfare is of a high standard.
45	Tuna, albacore (MSC certified from the North or South Pacific)	<i>Thunnus alalunga</i>	1	Albacore tuna are moderately vulnerable to overfishing. The south Pacific albacore stock is above safe limits and the fishery sustainable. Increase the sustainability of the fish you eat from this area by choosing pole and line caught or troll caught tuna as these methods have the least by-catch and are more labour intense methods of fishing. Look for Marine Stewardship Council certified troll or pole & line caught Pacific Albacore tuna.
46	Tuna, skipjack (Western and Central Pacific fisheries, and Indian Ocean Pole and Line fishery)	<i>Euthynnus or Katsuwonus pelamis</i>	2	Skipjack tuna is a fast growing species with a moderate to high resilience to fishing. Skipjack now accounts for the bulk of the world's tuna catches and the Pacific stocks are considered healthy. Increase the sustainability of the tuna you eat from this area by choosing line or troll-caught (where available) 'dolphin-friendly' skipjack.

Fish to Avoid List

No.	Common Name	Scientific Name	Rating	Advice	Alternatives/Advice
1	Alfonsinos or golden eye perch	<i>Beryx spp.</i>	5	Because of its aggregating behaviour, this deep-water species is susceptible to overexploitation. Insufficient information is available to suggest that current levels of exploitation are sustainable, as fishing in international waters is generally unregulated. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
2	Anchovy (from Bay of Biscay)	<i>Engraulis encrasicolus</i>	5	Stock levels are at an all time low in this fishery. Recruitment has been low since 2002 and the complete recruitment failure of the 2004 year class has led to the stock collapsing. Scientists recommend the fishery remain closed until the spawning stock can be accurately estimated. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
3	Anglerfish or monkfish or goosefish (from North and Northwest Spain and Portuguese coast)	<i>Lophius piscatorius</i> and <i>L. budegassa</i>	5	The stock in this area is considered to be overexploited and scientists recommend that the fishery is closed and a recovery plan be developed and implemented to ensure recovery of the stock to safe levels. Anglerfish (monkfish) are vulnerable to over-exploitation as they are long-lived and late to mature. Avoid eating anglerfish from this area.	The Marine Conservation Society recommends that consumers avoid eating European monkfish (<i>L. piscatorius</i>) from the overfished southern stock (rated 5 (Red)), and only eat monkfish with caution from the northern and south-western stocks, rated 4 (Orange) and 3 (Yellow) respectively. To help increase the sustainability of fish eaten from healthy stocks, ensure fish is above or equal to the size at which it matures - at least 70cms - and avoid eating during its breeding season - spring and early summer. The use of gillnets with larger meshes (220 mm) is a more selective method of fishing for this species than trawling.
4	Argentine or greater silver smelt	<i>Argentina silus</i>	5	This deep-water species is targeted by industrial fisheries that process it into fish protein. Argentine can only sustain very low fishing levels and it is unknown if these levels have been exceeded due to the lack of data available. It is unlikely they will be offered for sale for direct	There are no alternatives as this fish is caught in industrial fisheries for processing only.

				human consumption, but if they are, avoid eating.	
5	Black scabbardfish (from all areas except the Portuguese coast)	<i>Aphanopus carbo</i>	5	Black scabbardfish are deepwater species that are long lived, grow slowly, and are considered to have a low resilience to exploitation. Avoid eating all deepwater species as they are generally long lived, slow growing, late to mature and fisheries in which they are taken are largely unregulated and poorly managed.	If you chose to eat scabbardfish only eat mature fish (length 80 cms or more) caught in Portugese waters where a traditional longline fishery has been established for many years. Note that longlining does capture shark and other species; see Fishing Methods for more details.
6	Blue ling	<i>Molva dypterygia</i>	5	Blue ling, a deep-water species, are relatively long-lived, slow growing and late to mature and concentrate in spawning aggregations, making it susceptible to overexploitation by sequential depletion. It appears that the stock is seriously depleted - ICES advises that there should be no directed fisheries for blue ling and that closed areas introduced to protect spawning aggregations should continue or expand where needed and capture of blue ling in mixed fisheries should be minimized. Historical overfishing in the Faroes and Iceland has shown that once this species is fished down in an area, it does not recover, even when fishing pressure is low. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
7	Brill (from all areas except Baltic Sea)	<i>Scophthalmus rhombus</i>	5	Brill in the North Sea is overexploited and the fishing method associated with substantial damage to seabed flora and fauna and discarding of juvenile fish. Avoid eating. Choose brill from areas other than the North Sea, caught by demersal otter rather than beam trawling. Avoid eating immature brill (less than 40cm) caught by any method as small fish will not have had chance to spawn or reproduce.	Choose brill from the Baltic Sea as this stock is not overfished and is a more sustainable option, although this is still rated a 3. Ensure that the fish has been caught in an otter trawl rather than a beam trawl, and that the fish is larger than 40cm to ensure it has had the chance to breed.
8	Chilean seabass or Patagonian toothfish (from all areas except the South Georgia fishery)	<i>Dissostichus eleginoides</i>	5	Chilean seabass is vulnerable to overfishing as it is large, slow-growing, late-maturing and has low reproductive capacity. It is also threatened by illegal fishing. In 2001, it was estimated that 50% of toothfish traded internationally	The Toothfish fishery around South Georgia (FAO 48) was certified as an environmentally responsible fishery by the Marine Stewardship Council in March 2004. MSC certified toothfish

				<p>was caught illegally, these illegal fisheries are also a threat to seabird populations. However fishery around South Georgia (FAO 48) was certified as an environmentally responsible fishery by the Marine Stewardship Council in March 2004. This certification has been awarded with some conditions imposed upon the fishery, including the implementation of measures by 2007 to reduce bycatch of skates and rays, currently associated with the fishery. The fishery is currently undergoing reassessment (2008).</p>	<p>has a MCS rating of 3. Avoid eating this species from all other fisheries.</p>
9	<p>Cod, Atlantic (Wild caught from all areas except Northeast Arctic, Iceland, and Western Channel, Bristol Channel, Southeast Ireland and Sole)</p>	<i>Gadus morhua</i>	5	<p>All North East Atlantic cod stocks are overfished, however stocks in the North Sea, Irish Sea, West of Scotland, eastern Channel, Baltic Sea, Greenland, Skaggerak, Kattegat, Norwegian coast and Faroes are the most depleted. Northeast Arctic (Barents and Norwegian Sea), Icelandic cod and the Celtic Sea are healthier. However, ICES recommends that fishing pressure on Icelandic and Celtic Sea stocks also be reduced. Avoid eating cod from stocks which are depleted and where fishing is at unsustainable levels. To help reduce the impact of fishing on fish stocks where fishing mortality is too high, the marine environment, and other marine species, choose line-caught cod where available. Longlining can result in seabird by-catch. Ask for fish caught using 'seabird-friendly' methods, see Fishing Methods for details.</p>	<p>The best alternative to Atlantic cod is MSC certified Pacific Cod from Alaska. Avoid eating Atlantic cod from overfished stocks. Choose line caught cod from areas such as the Northeast Arctic or Iceland as these stocks are more sustainable and line-caught fisheries have a reduced impact on the environment.</p>
10	<p>Dogfish or spurdog or rock salmon or flake</p>	<i>Squalus acanthias</i>	5	<p>Dogfish (Spurdog/spiny dogfish/rock salmon/flake) are long-lived, slow growing and have a high age at maturity. These characteristics make them particularly vulnerable to high levels of fishing mortality. The North East Atlantic stock is now considered to be depleted and may be in danger of collapse- Avoid eating. This species is also</p>	<p>No similar fish can be recommended but look at our Fish to Eat list and try something else.</p>

				assessed as Critically Endangered by IUCN and has been recently added to the OSPAR list of threatened and/or declining species and habitats. In the Canadian Pacific EEZ and British Columbia coastal waters, the hook and line Spiny Dogfish fishery is currently undergoing full assessment for Marine Stewardship Council (MSC) accreditation- an environmental standard for sustainable and well-managed fisheries	
11	Dublin Bay Prawn or langoustine or scampi (from Spain and Portugal)	<i>Nephrops norvegicus</i>	5	Given the very low state of the stock, scientists continue to advise zero catch in these areas. Avoid eating scampi from this area.	The best alternative is to choose MSC certified langoustine from Loch Torridon. Other sustainable options include langoustine caught from the North Sea and Clyde Sea. Choose creel caught langoustine if possible as creel fishing has a minimal impact on the environment.
12	Eel, conger	<i>Conger conger</i>	5	Conger eels have very low resilience to fishing and spawn only once, after which they die. Avoid eating.	Choose a more sustainable white fish such as MSC certified Pacific Cod or line-caught Pollack.
13	Eel, European	<i>Anguilla anguilla</i>	5	There is one single European eel stock. This is severely depleted and at a historical minimum that continues to decline and is dangerously close to collapse. Eels are exploited in all life stages and those that are fished do not have the chance to breed. Eels spawn only once in their lifetime and it is almost certain they die after spawning. In 2007, European eel was listed under CITES Appendix 2 which allows trade in a species but under strict conditions. Eels are also farmed but rely on juveniles from wild stocks.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
14	Escolar or snake mackerel	Gempylidae	5	There is only a minor commercial fishery for escolar and they are generally taken as by-catch in longline fisheries for tuna.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
15	Greater forkbeard	<i>Phycis blennoides</i>	5	Greater forkbeard is almost entirely exploited as by-catch and is not landed consistently. Fisheries for this species are generally unregulated. There	No similar fish can be recommended but look at our Fish to Eat list and try something else.

				is very little information available on stock status of forkbeards but deepwater fisheries in general are currently unsustainable. Avoid eating.	
16	Grouper	<i>Epinephelus, Mycteroperca, and Anthias spp.</i>	5	Avoid eating grouper as many species of grouper are overfished and assessed as threatened by IUCN - World Conservation Union.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
17	Haddock (from the Faroes and West of Scotland fisheries)	<i>Melanogrammus aeglefinus</i>	5	Haddock is overfished in this area and ICES recommends that the fishery be closed in 2009. Avoid eating. Furthermore, haddock is caught in mixed fisheries with cod that are severely depleted in these areas.	Choose Haddock from the Northeast Arctic, as the stock is healthy and harvested sustainably. If possible choose line-caught haddock, as there is less impact on the marine habitat from line-based fisheries.
18	Hake, European (Southern stock)	<i>Merluccius merluccius</i>	5	The Southern hake stock is depleted and fished at unsustainable levels. Avoid eating.	The fishery for cape hake in South Africa has been certified as being sustainably managed by the MSC and is the best alternative to European hake.
19	Halibut, Atlantic (Wild Caught)	<i>Hippoglossus hippoglossus</i>	5	Atlantic halibut is heavily overfished, which means it is caught in such high numbers that a sustainable fishery cannot be maintained by the current population size. Assessed by IUCN - World Conservation Union as Endangered. Listed as a species of concern by NOAA National Marine Fisheries Service (NMFS) in 2004. Avoid eating.	Choose Pacific halibut that has been certified to MSC standard from the US states of Alaska, Washington and Oregon.
20	Halibut, Greenland (from Northwest Atlantic and Greenland, Iceland, West of Scotland and Azores)	<i>Reinhardtius hippoglossoides</i>	5	Indications are that the present stock biomass is near a historic low in most areas. Greenland halibut are slow-growing fish vulnerable to exploitation. Avoid eating.	Choose Pacific halibut that has been certified to MSC standard from the US states of Alaska, Washington and Oregon.
21	Herring or sild (from West of Scotland, West Ireland, and Great Sole fisheries)	<i>Clupea harengus</i>	5	The state of the herring stock in this area is uncertain but it is likely to be depleted and fishing pressure unsustainable. Avoid eating fish from depleted stocks.	Choose herring from the Norwegian spring-spawning stock or the MSC certified Thames Blackwater driftnet fishery for sustainable sources of herring.
22	Ling (except handline caught from the Faroes)	<i>Molva molva</i>	5	Ling is found from shallow coastal waters to the deep sea. It is more resilient to fishing than other deepwater species, but when occurring in deep water, it often occupies	Line-caught ling from the Faroe Islands provides the best available option for ling, although this is rated 4. The best option is to choose a different

Deleted:

				habitats that are vulnerable to the impacts of trawling. Other more vulnerable fish species are also taken as bycatch in ling fisheries. Avoid eating fish from deepwater stocks.	white fish species such as MSC certified Alaskan pollock or Pacific cod.
23	Lobster, American (from Canadian and Southern New England stocks)	<i>Homarus americanus</i>	5	The Canadian fishery for <i>Homarus americanus</i> , despite being the largest in the world, is data deficient and stock assessments do not occur. The only indication of abundance or biomass is the trends in landings, and with these decreasing it is indicative of an overfished or vulnerable population. The fishery is highly dependant on annual recruits with few larger, more fecund lobsters being encountered. Avoid eating lobsters sourced from the Canadian fishery, some American stocks are healthier and would be a better choice, although these are not the best choice. Try MSC certified rock lobsters from California or Western Australia which are much more sustainable.	Choose pot-caught European lobster or MSC certified spiny lobster from Western Australia or Baja, Mexico.
24	Marlin, black	<i>Makaira indica</i>	5	There is a critical lack of statistical data for this fishery. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
25	Marlin, blue (from Atlantic longline and purse seine fisheries)	<i>Makaira nigricans</i>	5	Avoid eating Atlantic blue marlin as stocks are currently overfished and not predicted to recover if current levels of mortality continue.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
26	Marlin, Indo-Pacific blue	<i>Makaira mazara</i>	5	The Indo Pacific marlin population is not well documented, but with the amount of commercial fishing already high and escalating, it is thought that the situation is similar to that of the Atlantic Blue Marlin which is overfished. As so little is known about the stock status, it is better to avoid eating this species.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
27	Marlin, white	<i>Tetrapturus albidus</i>	5	Atlantic white marlin has been overfished for many years and is still below safe levels. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
28	Nursehound (from Bay of Biscay and Iberian stocks)	<i>Scyliorhinus stellaris</i>	5	The stock status of Nursehound in this area is unknown. In general consumers should avoid eating shark species as they are vulnerable to	No similar fish can be recommended but look at our Fish to Eat list and try something else.

				overexploitation, due to their specific biological characteristics (slow-growing, late to mature and generally produce few young).	
29	Orange roughy	<i>Hoplostethus atlanticus</i>	5	The longevity of orange roughy and its characteristic behaviour of aggregating in local concentrations to spawn make this species especially vulnerable to exploitation. In the North Atlantic, catches and landings of this species has been declining since the early 1990s and it is currently not possible to sustainably manage this species. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
30	Parrotfish	<i>Scaridae</i>	5	Parrotfish are found worldwide in tropical to temperate waters and are an important food fish. Also many species are sold commercially for aquariums. Most parrotfish reach sexual maturity in 2-3 years. The bumphead, however, is a slow growing and long-lived fish, living up to 40 years. Some species listed by IUCN e.g. rainbow parrotfish.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
31	Picarel	<i>Spicara smaris</i>	5	No information available at present. Avoid as a precautionary measure.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
32	Plaice (from the Western Channel, Celtic Sea, Southwest Ireland and West of Ireland stocks)	<i>Pleuronectes platessa</i>	5	Plaice is a long-lived species and subject to high fishing pressure. Plaice is currently overfished in these areas and stocks status is uncertain but thought to be in decline. Avoid eating plaice from these areas until the stock has had a chance to rebuild.	Plaice stocks in the North Sea and Irish Sea are classified as healthy and are fished sustainably. To increase the sustainability of plaice from these areas choose fish caught using seine or gill nets as they are less damaging to the marine environment.
33	Plaice, American or long rough dab	<i>Hippoglossoides platessoides</i>	5	American plaice are vulnerable to over-exploitation because of their biology; they are a slow maturing, long-lived species. Many stocks are overfished and are subject to a fishing ban. Avoid eating.	The best alternatives to American plaice are European plaice from the North or Irish seas. Dab is also a good alternative and appears on our fish to eat list.
34	Prawn, tiger (except organically farmed)	<i>Penaeus monodon</i>	5	A number of fishermen have introduced measures to significantly reduce bycatch in prawn fisheries around the world, measures include turtle exclusion devices and square mesh panels. Unfortunately this information is not generally conveyed to the consumer as no such labelling	Organically farmed tiger prawns are the only sustainable option for this species. Other species to try would be coldwater prawns from the Northeast Arctic or MSC certified langoustine from Loch Torridon. Both of these species appear on our fish

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				scheme has yet been devised. Avoid eating warm water prawns trawled from wild stocks.	to eat list.
35	Ratfish or rabbitfish	<i>Chimaera monstrosa</i>	5	Fisheries for deep-water species such as rabbitfish have developed and expanded rapidly before sufficient information is available on which to base management advice. Rabbitfish occupy deep-water habitats that are vulnerable to the impacts of trawling. Their slow growth and late maturity also makes them highly vulnerable to overexploitation. Avoid eating these deep-water species.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
36	Ray, blonde (from Celtic Sea, North Sea, Eastern Channel and Skaggerak fisheries)	<i>Raja brachyura</i>	5	The stock status of blonde ray here is uncertain. This species is potentially vulnerable to exploitation because it matures at a large size and produces relatively few young. As a result juvenile and immature fish can be overfished before they have had a chance to breed. It is best to avoid eating skates and rays unless you are certain they are one of the smaller, more sustainable species such as spotted, cuckoo, or starry rays. Avoid eating these species below the size at which they mature.	Avoid eating skates and rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
37	Ray, sandy	<i>Leucoraja circularis</i>	5	Like many skate and ray species around the UK, the stock status of sandy rays is largely uncertain. Avoid eating.	Avoid eating skates and rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays

					males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
38	Ray, shagreen	<i>Leucoraja fullonica</i>	5	Like many skate and ray species around the UK, the stock status of shagreen rays is largely uncertain. However, given the large size of the species at first maturity there is potential for shagreen rays to be overfished before they have had a chance to breed. Avoid eating.	Avoid eating skates and rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
39	Ray, smalleyed (from Bay of Biscay and Iberian stocks)	<i>Raja microocellata</i>	5	The status of smalleyed ray here is unknown; the lack of species-specific landings data means that an accurate assessment of smalleyed ray here is not possible. ICES recommend that landings in 2009 are limited to the recent average, and species-specific information should be collected for the major species of skate. Although the biology of this species suggests it may not be as vulnerable as some of the larger ray species, it is best to avoid eating skates and rays unless you are certain they are one of the smaller, more sustainable species such as spotted, cuckoo, or starry rays. Avoid eating these species below the size at which they mature.	Avoid eating skates and rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
40	Ray, thornback	<i>Raja clavata</i>	5	Thornback rays are vulnerable	Avoid eating skates and

	or roker (from Bay of Biscay and Iberian stocks)			to exploitation as they mature late at a large size and produce relatively few young. The stock status of thornback ray in this area is unknown because of the lack of species-specific landing data. It is best to avoid eating skates and rays unless you are certain they are one of the smaller, more sustainable species such as spotted, cuckoo, or starry rays. Avoid eating these species below the size at which they mature.	rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
41	Ray, undulate	<i>Raja undulate</i>	5	Like many skate and ray species around the UK, the stock status of undulate rays is largely uncertain, but appears to be depleted in some inshore areas. Avoid eating	Avoid eating skates and rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
42	Red or blackspot seabream	<i>Pagellus bogaraveo</i>	5	Red seabream have a low resilience to exploitation as they are hermaphroditic (sex-changing) and slow growing. Stocks range from fully exploited to severely depleted. Avoid eating.	Black bream (<i>Spondyliosoma cantharus</i>) are the most sustainable option amongst the seabreams. Ensure that they are larger than 20cm to allow them to breed.
43	Redfish or ocean perch	<i>Sebastes marinus</i> and <i>S. mentella</i>	5	Redfish stocks have been subject to intensive fishing pressure over the last 10	No similar fish can be recommended but look at our Fish to Eat list and try

				years. The slow growth, high age at maturity and low rates of recruitment make them highly vulnerable to over-exploitation. This stocks is at historical lows, scientist recommend no directed fishing on this species to allow it to increase its spawning biomass. Avoid eating.	something else.
44	Roundnose grenadier	<i>Coryphaenoides rupestris</i>	5	Roundnose grenadier is slow growing, late to mature, long lived and has a low reproductive capacity. They can therefore only sustain low levels of exploitation. It is a deep-water species targeted by fisheries that are poorly regulated. It also occupies a habitat that is vulnerable to the impacts of trawling. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
45	Salmon, Atlantic (Wild Caught)	<i>Salmo salar</i>	5	Stocks of wild Atlantic salmon are severely depleted. There may be several reasons for this, not least overfishing. Other factors may include: pollution, environmental changes, aquaculture, freshwater habitat deterioration and impediments to migration routes. In 2001 NASCO established the International Atlantic Salmon Research Board to investigate salmon mortality. There are several individual salmon stocks throughout the UK, some of which may be more abundant than others. In 2005, ICES advised that there should be reductions in exploitation for as many stocks as possible to allow the species to reach conservation limits. Avoid eating wild caught Atlantic salmon from depleted stocks.	Choose organically farmed Atlantic Salmon or MSC certified Pacific Salmon from Alaska. There are five salmon species from the Alaskan fishery all of which have been certified as sustainable to MSC standards.
46	Seabass (Pelagic Trawl only)	<i>Dicentrarchus labrax</i>	5	Avoid eating seabass captured by pelagic trawls. Trawl fisheries target spawning and pre-spawning fish; are responsible for high levels of dolphin by-catch, and deplete stocks available for inshore and recreational fisheries. Line-caught fish is a much more sustainable choice. Seabass are also farmed.	Choose line-caught seabass such as those from the southwest (see www.linecaught.org.uk) or MSC certified seabass from the Holderness coast gill net fishery. These fisheries have a low environmental impact associated with them and are managed to a high standard.
47	Shark, leafscale	<i>Centrophorus squamosus</i>	5	The biology of deepwater sharks (slow grow, late	No similar fish can be recommended but look at

	gulper			maturation and low fecundity) indicates they can only sustain very low exploitation rates. Deepwater fisheries are also often poorly managed or unregulated. Given the current depleted state of leafscale gulper shark stocks ICES recommend a zero catch in 2008. Leafscale gulper shark are assessed as Vulnerable by the World Conservation Union (IUCN) and is listed on the OSPAR list of threatened and/or declining species and habitats. Because deepwater sharks are often caught in mixed fisheries, methods should be developed to avoid catching them, or effort in these fisheries should be reduced to the lowest possible levels. Avoid eating all deep-water and other shark species.	our Fish to Eat list and try something else.
48	Shark, mako	<i>Isurus oxyrinchus</i>	5	The low reproductive capacity of the shortfin mako makes it very susceptible to depletion by fishing. In the Atlantic the shortfin mako shark stock has declined and is possibly depleted in the North Atlantic. Shortfin mako shark is assessed as Vulnerable globally but is classified as Critically Endangered in the Mediterranean Sea and Near Threatened in the North-east Pacific by the IUCN - the World Conservation Union. Avoid eating this and other shark species.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
49	Shark, porbeagle	<i>Lamna nasus</i>	5	Sharks are vulnerable to exploitation because they are slow-growing, long-lived, and have low reproductive capacity: these factors and the high commercial value of mature and immature porbeagle (in target and incidental fisheries) makes this species highly vulnerable to over-exploitation and population depletion. Porbeagle is assessed as vulnerable by IUCN - the World Conservation Union and is listed on the OSPAR list of threatened and/or declining species and habitats. Avoid eating this and other shark species.	No similar fish can be recommended but look at our Fish to Eat list and try something else.

50	Shark, siki or Portuguese dogfish	<i>Centroscyrnus coelolepis</i>	5	The biology of deepwater sharks (slow growth, late maturation and low fecundity) indicates they can only sustain very low exploitation rates. Deepwater fisheries are also often poorly managed or unregulated. Given the current depleted state of siki or Portuguese dogfish stocks, ICES recommend a zero catch in 2008. Siki or Portuguese dogfish are assessed as Near Threatened by the World Conservation Union (IUCN) and listed on the OSPAR list of threatened and/or declining species and habitats. Because deepwater sharks are often caught in mixed fisheries, methods should be developed to avoid catching them, or effort in these fisheries should be reduced to the lowest possible levels. Avoid eating all deep-water and other shark species.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
51	Shark, tope	<i>Galeorhinus galeus</i>	5	Sharks are vulnerable to exploitation because they are slow-growing, long-lived, and have low reproductive capacity. Tope is considered highly vulnerable to over-exploitation. It is a non-pressure or unprotected species i.e. not subject to quota restrictions. Tope is assessed as Vulnerable by IUCN -World Conservation Union. Avoid eating this and other shark species.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
52	Skate, common	<i>Dipturus batis</i>	5	The common skate belies its name as it is becoming very rare in UK shallow seas and in European waters. The life history and demography of this species means that it has a very low resilience to fishing pressure, and its large body size means that it is catchable even from birth. Common skate is considered depleted in the Celtic Seas and ICES recommend that no targeted fisheries be allowed for this species in this area. Common Skate is assessed as Critically Endangered by IUCN -World Conservation Union and is also listed by OSPAR as a threatened and declining	Avoid eating skates and rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when

				species. Avoid eating.	approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
53	Skate, longnose	<i>Dipturus oxyrinchus</i>	5	Although little is known about the stock status or biology of longnose skate, it is likely to be highly vulnerable to overexploitation given its large body size, slow growth, time taken to mature, and low intrinsic rate of population increase. Avoid eating.	Avoid eating skates and rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
54	Skate, Norwegian or black	<i>Dipturus nidarosiensis</i>	5	Although little is known about the stock status or biology of Norwegian skate, it is likely to be highly vulnerable to overexploitation given its large body size, slow growth, time taken to mature, and low intrinsic rate of population increase. Avoid eating.	Avoid eating skates and rays unless you are certain they are one of the smaller ray species (spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
55	Skate, white	<i>Rostroraja alba</i>	5	White skate are now very rare in the NE Atlantic. ICES scientists estimate that white skate is severely depleted and	Avoid eating skates and rays unless you are certain they are one of the smaller ray species

				possibly extirpated from most parts of the Celtic Seas and this species is listed by the IUCN as endangered. The large size of the white skate makes it susceptible to capture by fishing gears, and its life history parameters and population demography means it has a low resilience to fishing. Avoid eating.	(spotted, cuckoo, or starry rays) whose populations are considered relatively stable, except for in the Bay of Biscay. Avoid eating these species below the size at which they mature: for spotted rays males mature at a length of about 54 cm and females at about 57 cm (both between 3 to 8 years old); for cuckoo rays males and females mature at between 54 to 59 cm in length when approximately 4 years old; for starry rays males and females mature at a length of about 40 cm (between 4 and 5 years old).
56	Snapper, cubera	<i>Lutjanus cyanopterus</i>	5	Many species of snapper are overfished and there is little information available on their management and stock status. They are also targeted when they congregate to spawn on reefs. The cubera snapper <i>Lutjanus cyanopterus</i> was assessed as Vulnerable by IUCN - The World Conservation Union - in 1996.	Sustainable options of snapper species are red snapper (<i>Lutjanus erythropterus</i>) and Malabar blood snapper (<i>Lutjanus malabaricus</i>) from Western Australia.
57	Snapper, mutton	<i>Lutjanus analis</i>	5	Many species of snapper are overfished and there is little information available on their management and stock status. They are also targeted when they congregate to spawn on reefs. The mutton snapper <i>Lutjanus analis</i> was assessed as Vulnerable by IUCN - The World Conservation Union - in 1996.	Sustainable options of snapper species are red snapper (<i>Lutjanus erythropterus</i>) and Malabar blood snapper (<i>Lutjanus malabaricus</i>) from Western Australia.
58	Snapper, northern red	<i>Lutjanus campechanus</i>	5	The northern red snapper <i>Lutjanus campechanus</i> is heavily exploited in American waters where it is important to both recreational and commercial fisheries. Avoid eating snapper from depleted stocks.	Sustainable options of snapper species are red snapper (<i>Lutjanus erythropterus</i>) and Malabar blood snapper (<i>Lutjanus malabaricus</i>) from Western Australia.
59	Sole, Dover or common (from North Sea and Irish Sea)	<i>Solea solea</i>	5	These stocks are classified as depleted and fishing pressure is higher than recommended. The beam trawl fishery is associated with high discards of immature plaice and other flat fish. Choosing fish caught by more selective methods, e.g. gill or fixed net or seine net can help reduce the	Ensure that your Dover sole is from either the MSC certified fishery in Hastings, or the Celtic Sea, Skaggerak or Kattegat regions as these stocks are considered healthy and are harvested sustainably. Improve the sustainability of your sole

				negative impacts associated with beam trawling in this area. Ensure fixed nets are 'dolphin friendly', see Fishing Methods for information. Avoid eating immature sole (less than 28cm) and fresh (not previously frozen) fish caught during the breeding season (April-June).	by choosing those caught using fixed nets or otter trawls rather than beam-trawled fish.
60	Starry smoothhound (from Bay of Biscay and Iberian stocks)	<i>Mustelus asterius</i>	5	Unlike many similar elasmobranchs, the relatively high productivity of the starry smoothhound means that there is potential for this species to be harvested sustainably, however currently genus specific landings data is lacking, little is known about its biology and the stock status of starry smoothhound in the Bay of Biscay and Iberian waters is unknown. In general consumers should avoid eating shark species as they are vulnerable to over-exploitation due to their specific biological characteristics (slow-growing, late to mature and generally produce few young).	No similar fish can be recommended but look at our Fish to Eat list and try something else.
61	Sturgeon, caviar (Wild Caught)	<i>Acipenser</i> and <i>Huso spp.</i>	5	Sturgeons are vulnerable to over-exploitation because they are generally long-lived and slow to mature, and depend on large rivers to spawn. Consequently many species are in rapid decline. Avoid eating.	Farmed sturgeon and their caviar are a slightly more sustainable option than wild caught fish. They do however still rely on wild caught broodstock and because of this they are given a rating of 4. MCS would advise that you avoid caviar, but if you are going to buy it choose caviar from farmed sources.
62	Swordfish (Longline and Gillnet fisheries in Indian Ocean, Mediterranean, and Central and Western Pacific)	<i>Xiphias gladius</i>	5	Swordfish has a low resilience to fishing and is subject to high fishing pressure. Current catch levels are above safe levels and not sustainable. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.
63	Tuna, albacore (Longline and Trawl caught from the North and South Atlantic and the Mediterranean)	<i>Thunnus alalunga</i>	5	Albacore are moderately vulnerable to overfishing. The fisheries for albacore in the south Atlantic are below safe limits and considered unsustainable. The Albacore in the North Atlantic are currently overfished and the fishery is currently considered	The most sustainable options for any of the tuna species are MSC certified albacore tuna from the American Albacore Fishing Association in the South Pacific, and pole and line caught skipjack tuna from the Republic of

				unsustainable. Northern Atlantic Albacore are currently assessed as Vulnerable by IUCN - the World Conservation Union. The state of the Mediterranean stock has never been assessed. Avoid eating.	Maldives or the western and central Pacific. Ensure that tuna is certified as 'dolphin-friendly' by the Earth Island Institute before purchasing.
64	Tuna, bigeye	<i>Thunnus obesus</i>	5	Bigeye are slower growing than skipjack and yellowfin and, as a consequence, less resilient. The stock in this area is being overfished and is at an historical low. Pacific Bigeye is assessed as endangered by IUCN - the World Conservation Union. Avoid eating bigeye tuna.	The most sustainable options for any of the tuna species are MSC certified albacore tuna from the American Albacore Fishing Association in the South Pacific, and pole and line caught skipjack tuna from the Republic of Maldives or the western and central Pacific. Ensure that tuna is certified as 'dolphin-friendly' by the Earth Island Institute before purchasing.
65	Tuna, northern bluefin	<i>Thunnus thynnus</i>	5	Northern or Atlantic bluefin tuna is slow growing and long-lived, making it vulnerable to overfishing. Fishing on Atlantic stocks is currently unsustainable and stocks are below safe levels. Species listed by IUCN and OSPAR. Avoid eating Northern Bluefin tuna.	The most sustainable options for any of the tuna species are MSC certified albacore tuna from the American Albacore Fishing Association in the South Pacific, and pole and line caught skipjack tuna from the Republic of Maldives or the western and central Pacific. Ensure that tuna is certified as 'dolphin-friendly' by the Earth Island Institute before purchasing.
66	Tuna, Pacific bluefin	<i>Thunnus orientalis</i>	5	Pacific bluefin is a large species with a low resilience to fishing. Current rates of fishing on young and older pacific bluefin are considered unsustainable. Do not eat Pacific bluefin.	The most sustainable options for any of the tuna species are MSC certified albacore tuna from the American Albacore Fishing Association in the South Pacific, and pole and line caught skipjack tuna from the Republic of Maldives or the western and central Pacific. Ensure that tuna is certified as 'dolphin-friendly' by the Earth Island Institute before purchasing.
67	Tuna, southern bluefin	<i>Thunnus maccoyii</i>	5	Southern bluefin have a low resilience to fishing due to their high age and size at maturity. They are a highly valuable species that has been heavily overfished in the	The most sustainable options for any of the tuna species are MSC certified albacore tuna from the American Albacore Fishing Association in the

				past. Despite recent improvements in management, the stock is still below safe levels. Southern bluefin are assessed as Critically Endangered by IUCN - World Conservation Union. Avoid eating Southern bluefin tuna.	South Pacific, and pole and line caught skipjack tuna from the Republic of Maldives or the western and central Pacific. Ensure that tuna is certified as 'dolphin-friendly' by the Earth Island Institute before purchasing.
68	Turbot (Wild caught)	<i>Psetta maxima</i>	5	Avoid eating turbot from the Baltic Sea as no information is available to assess its sustainability. It is believed to be overexploited in the North Sea as landings have shown a decline in a number of areas. If choosing turbot from other areas, increase the sustainability of the fish you eat by choosing line-caught fish (where available) or fish caught in 'dolphin-friendly' nets above the size (30cm) at which it matures. Avoid eating fresh (not previously frozen) turbot caught during the breeding season (April - August).	Choose farmed turbot as a more sustainable option for this species.
69	Tusk or torsk	<i>Brosme brosme</i>	5	Tusk is vulnerable to exploitation as it is slow-growing, late to mature and has a low reproductive capacity. The state of this stock is unknown, but catches per unit of effort are at a historically low level. Avoid eating.	No similar fish can be recommended but look at our Fish to Eat list and try something else.