Red Rated Species to Avoid

Protecting ocean ecosystems through responsible sourcing

Avoid | Not Recommended

Depleted stocks or high conservation concern



Eel

Avoid

Alternatives

• Make sure you use SEG (Sustainable Eel Group) farmed-certified product only.



Grouper

Avoid

Alternatives

• Farmed grouper • Farmed gilthead bream (GlobalG.A.P. or GAA certified) • Farmed barramundi (GlobalG.A.P. certified) • Mahi mahi • Thick-cut cod loin



Skate

Avoid

Alternatives

• Spotted or thornback ray from specific small UK fisheries, rated 3 by the MCS
• USA longnose skate from West Coast fisheries, rated "Good Choice" by Seafood Watch.



Grey mullet

Avoid

Alternatives

• Farmed gilthead bream (GlobalG.A.P. or BAP certified) • MSC hake • Farmed bass (GlobalG.A.P. or BAP certified) • Stone bass (GlobalG.A.P. certified) • MSC coley



Ling

Avoid

Alternatives

• MSC cod
• MSC hake
• MSC coley



Tope & lesser spotted dogfish

Avoid

Alternatives

• Swordfish – Indian Ocean, line-caught
• Yellowtail kingfish – ASC or BAP certified
• Farmed sturgeon



Mackerel

Avoid

Alternatives

• Sardines
• Herring
• Tuna
• Smoked trout



Wild Atlantic halibut

Avoid

Alternatives

• Farmed halibut
• Turbot
• Brill

As advisors we refuse to sell these endangered species.

Endangered Species

At serious risk of extinction



Parrotfish

Not sold

Alternatives

• Native red mullet
• Gurnard
• Gilt-head bream - GlobalG.A.P. or BAP certified
• Tilapia - ASC or BAP certified



Shark

Not sold

Alternatives

• Swordfish - Indian Ocean, line-caught
• Yellowtail kingfish - ASC or BAP certified
• Farmed sturgeon



Marlin

Not sold

Alternatives

• Swordfish - Indian Ocean, line-caught
• Albacore tuna
• Yellowtail kingfish - ASC or BAP certified



Pacific bluefin tuna

Not sold

Alternatives

• Yellowfin tuna - from Maldivian pole-and-line fishery and Oman fishery • Albacore tuna • MSC yellowfin tuna
• Yellowtail kingfish - ASC or BAP certified
• Atlantic bluefin tuna



Wild Atlantic salmon

Not sold

Alternatives

• Farmed salmon
• Arctic char
• Trout (ChalkStream®)
• Large sea-reared trout

Credit to Marine Conservation Society (MCS) for images
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