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Red List Fish

Be sure to avoid these fish at your grocery store's seafood counter

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Greenpeace's seafood Red List is a scientifically compiled list of 22 marine species that, for a variety of reasons, should not be made commercially available.

These marine species are tied to major concerns for our fisheries, including low stock numbers, destabilization of the ecosystem-wide food chain, and irresponsible fishing or farming practices that contribute to the destruction of our oceans.

Next time you're at your grocery store's seafood counter, be sure to avoid these Red List species.



Atlantic halibut

Atlantic, common or white halibut is one of the largest of the flatfish. Atlantic halibut grow slowly and mature late, making it vulnerable to overfishing. They live on the ocean bottom in varied depths of water and, like a chameleon, take on protective coloration to match the sand, mud or gravel of its surroundings. Atlantic halibut has a long history of commercial exploitation due to being a very popular table fish in both North America and Europe as far back as the late 1800s.

[See full profile below](#)

Atlantic halibut
bluefin tuna
Chilean sea
bass
hoki
orange roughy

orange roughy
sharks

Browse all red list species below:



albacore tuna

Thunnus alalunga

Albacore is the only tuna species that may be marketed as "white meat tuna" in the U.S. and contributes to the bulk of the country's canned tuna supply.

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Atlantic cod or scrod

Gadus morhua

Most people associate Atlantic cod as the white fish found in popular fish and chips meals. Atlantic cod, a groundfish that hovers at the seafloor, grows fast and breeds at an early age. Many Atlantic cod stocks plummeted in the 1990s due to overfishing, and most rebuilding efforts have not yet succeeded. All fisheries of cod are red-graded or of concern except the North East Arctic fishery (ICES I, II).

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Atlantic halibut

Hippoglossus hippoglossus

Atlantic, common or white halibut is one of the largest of the flatfish. Atlantic halibut grow slowly and mature late, making it vulnerable to overfishing. They live on the ocean bottom in varied depths of water and, like a chameleon, take on protective coloration to match the sand, mud or gravel of its surroundings. Atlantic halibut has a long history of commercial exploitation due to being a very popular table fish in both North America and Europe as far back as the late 1800s.

[Read More \(toggle\)](#)



Atlantic salmon

Salmo salar

Atlantic salmon's popularity has increased dramatically in recent years, in large part because of growing consumer interest in eating foods high in omega-3 fatty acids. Atlantic salmon is endangered in the wild, so virtually all Atlantic salmon sold commercially is farm raised.

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Atlantic sea scallop

Placostrogon magellanicus



Placopecten magellanicus

Scallops, recognized for their beautiful outer shell, use a strong, circular muscle to clap their shells together, letting them "fly" through the water out of harm's way. It is this circular (abductor) muscle that is prized as seafood.

[Read More \(toggle\)](#)



bigeye tuna

Thunnus obesus

A valuable tuna prized for its sashimi-quality flesh, bigeye is found throughout the world's oceans and the long-term ecosystem effects of removing large predators such as tuna are not fully understood. Bigeye tuna is sometimes referred to as ahi, as is yellowfin tuna.

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bluefin tuna

Thunnus thynnus, Thunnus maccoyii, Thunnus orientalis

This fish is the largest species of tuna reaching lengths of up to ten feet long and weights of 1,500 pounds. Bluefin tuna are the world's most valuable fish for sushi because of its high oil content. An individual bluefin can be worth over \$30,000.00 at the Tokyo fish auction. The high demand bluefin has taken its toll leaving severely depleted populations throughout its range. Bluefin also contains elevated levels of mercury and PCBs.

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Chilean sea bass

Dissostichus eleginoides

Also called Patagonian toothfish, Chilean sea bass is one of the most sought-after fish in the world. The Chileans were the first to market toothfish commercially in the U.S., earning it the name Chilean sea

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