

What types of seafood should I buy?

These are the species we are most interested in collecting, so please buy anything from this list. You may buy seafood species not listed here, but please double check against the species to avoid list.

Any questions on what to buy should be directed to seafoodsleuths@oceana.org

All regions	<ul style="list-style-type: none">➤ Snapper➤ Pacific or Alaska Halibut➤ Atlantic Halibut➤ Seabass or sea bass➤ American or Maine Lobster*- in a dish, not in the shell➤ Sea scallop*➤ Catfish
Gulf of Mexico Region, Southeast and FL	<ul style="list-style-type: none">➤ Catfish➤ Vermillion Snapper➤ Mutton Snapper➤ Hogfish➤ Spanish Mackerel
Great Lakes Region	<ul style="list-style-type: none">➤ Walleye➤ Pike
Northeast and Mid-Atlantic Region	<ul style="list-style-type: none">➤ Summer Flounder➤ Lemon Sole➤ Vermillion Snapper

* Please avoid buying any shellfish that is not on this list.