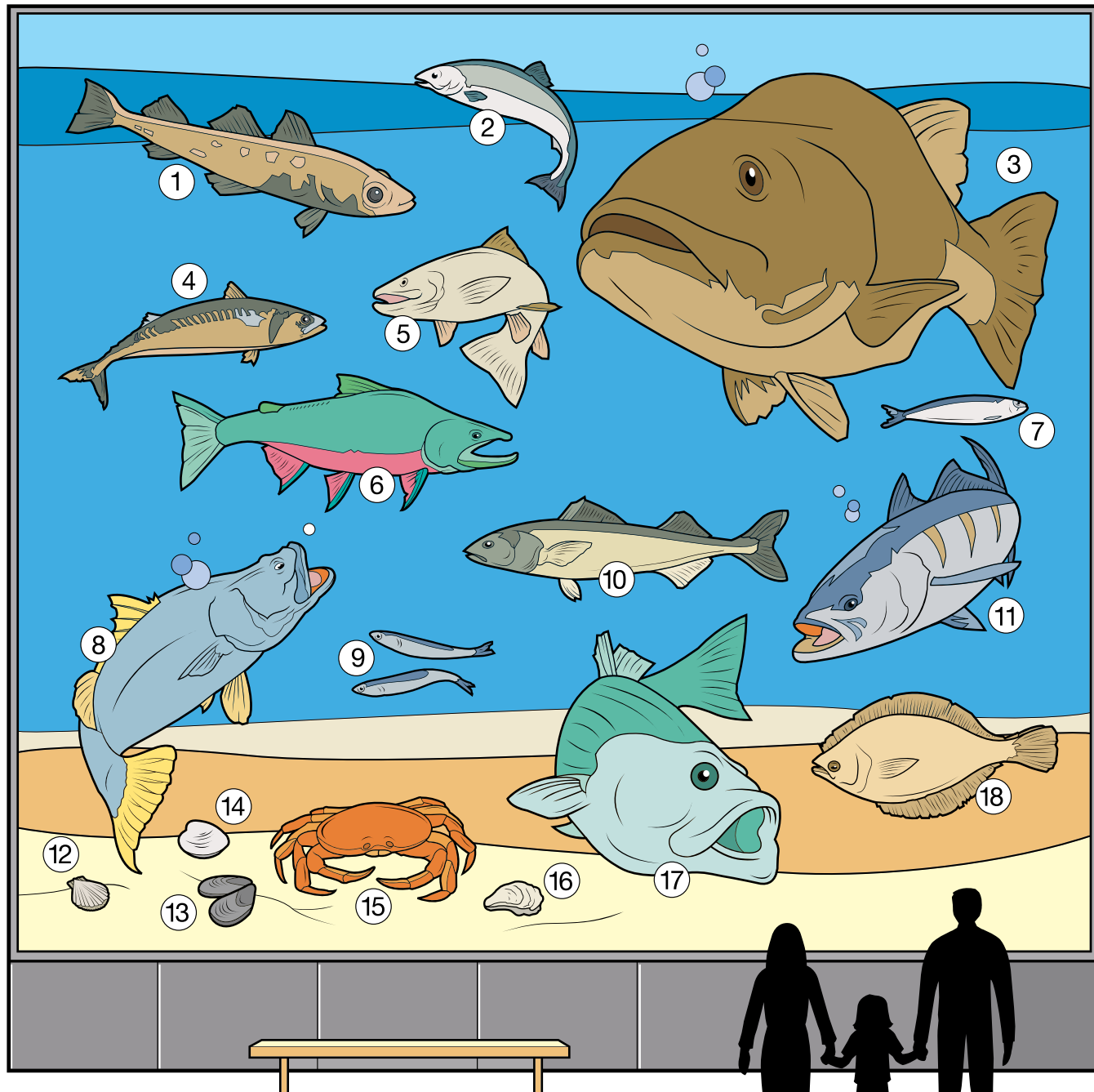


# ELDR'S Best Fish to Eat

- |                      |                  |                    |                    |                       |
|----------------------|------------------|--------------------|--------------------|-----------------------|
| 1. Pollock           | 5. Rainbow Trout | 9. Anchovies       | 13. Mussels        | 17. Striped Bass      |
| 2. Wild Salmon       | 6. Arctic Char   | 10. Black Cod      | 14. Clam           | 18. Pacific Sand Dabs |
| 3. Black Sea Bass    | 7. Sardines      | 11. White Sea Bass | 15. Dungeness Crab |                       |
| 4. Atlantic Mackerel | 8. Giant Perch   | 12. Bay Scallops   | 16. Oysters        |                       |



Ratings are based on the following criteria:

- 1) Health benefits
- 2) Cleanliness, (lack of contaminants such as mercury, antibiotics or PCBs)
- 3) Abundance and sustainability
- 4) Impact on environment and harm to other marine life during the harvesting process