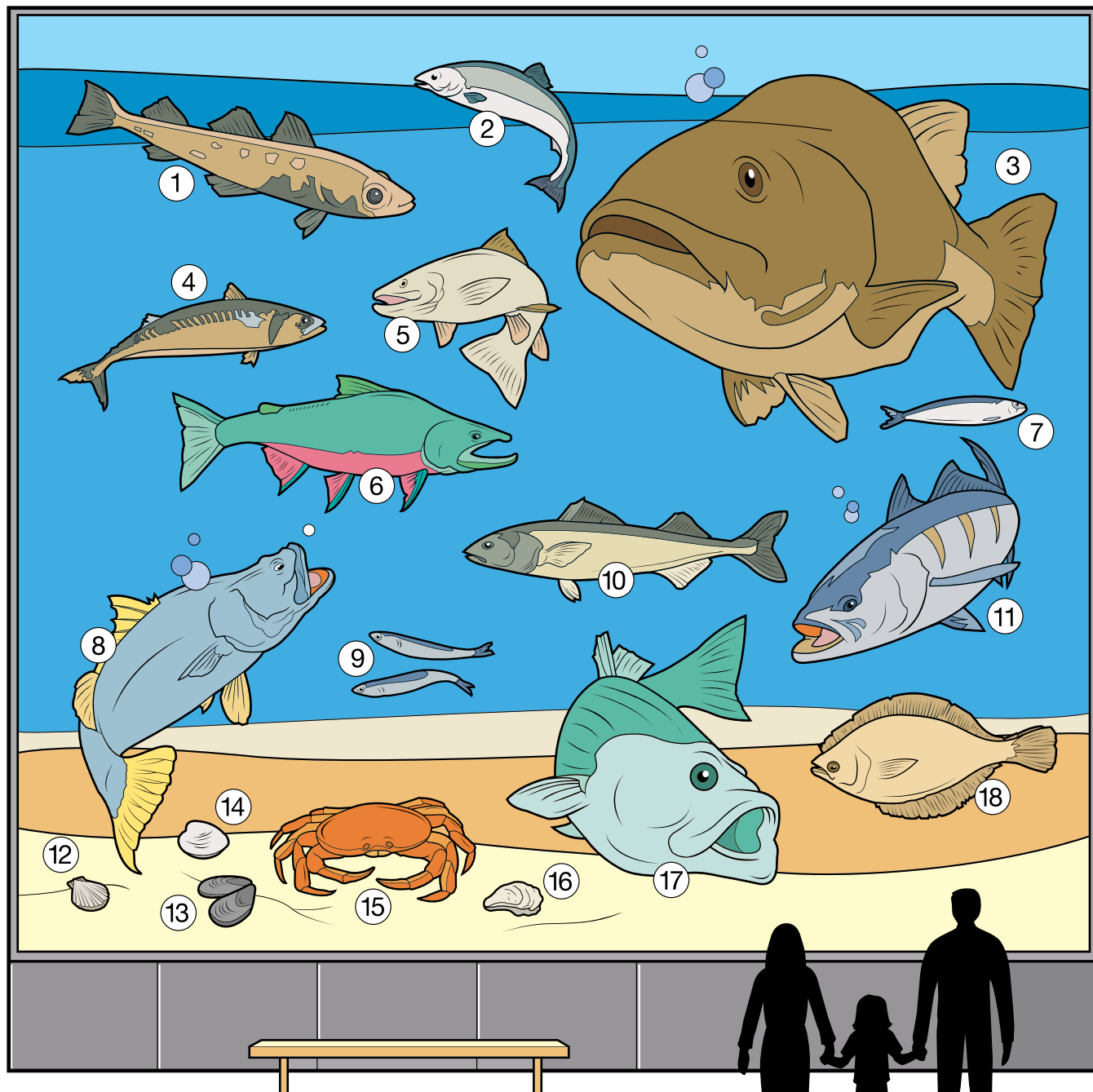


ELDR'S Best Fish to Eat

- | | | | | |
|----------------------|------------------|--------------------|--------------------|-----------------------|
| 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