

# Seafood

- Best – Mollusks – they are the most nutrient dense and include (Oysters, clams, mussels, scallops, octopus and squid).
- Better – Other shellfish like lobster, crayfish, shrimp, and crabs.
- Good – Fish any fish but oily is best. Small is best and decreases the risk of toxicity – like sardines, anchovies.
- The folks at Monterey Aquarium have put together the most comprehensive database on seafood - to check it out go to: [www.MontereyBayAquarium.com](http://www.MontereyBayAquarium.com) and find the *seafood watch icon* at the bottom right corner, than choose *seafood recommendations* on the left sidebar and choose your region.