

FISH CHOICES LISTED BY NAMES

English to Arabic Translation

| CATEGORY | ENGLISH | ARABIC |
|------------------|--|--|
| Best Choices | Anchovy | سمك الأنشوفة |
| Best Choices | Atlantic croaker | سمك النعاب الأطلسي |
| Best Choices | Atlantic mackerel | سمك الماكريل الأطلسي |
| Best Choices | Black sea bass | سمك قاروس البحر الأسود |
| Best Choices | Butterfish | سمك عروس البحر |
| Best Choices | Catfish | سمك القرموط أو السلور |
| Best Choices | Clam | سمك البطلينوس |
| Best Choices | Cod | سمك القد |
| Best Choices | Crab | الكانوريا |
| Best Choices | Crawfish | جراد البحر |
| Best Choices | Flounder | سمك الفلاوندر |
| Best Choices | Haddock | سمك الحدوق |
| Best Choices | Hake | سمك النازلي |
| Best Choices | Herring | الرنجة |
| Best Choices | Lobster, American and spiny | اللوبيستر الأمريكي والشوكي |
| Best Choices | Mullet | السمك البوري |
| Best Choices | Oyster | المحار |
| Best Choices | Pacific chub mackerel | سمك الماكريل الشوب في المحيط الهادئ |
| Best Choices | Perch, freshwater and ocean | سمك الفرخ في المياه العذبة والمالحة |
| Best Choices | Pickrel | سمك البيكريل |
| Best Choices | Plaice | سمك البلايس |
| Best Choices | Pollock | سمك البولوك |
| Best Choices | Salmon | سمك السالمون |
| Best Choices | Sardine | سمك السردين |
| Best Choices | Scallop | سمك السكالوب |
| Best Choices | Shad | سمك الشابل (الشاد) |
| Best Choices | Shrimp | الجمبري |
| Best Choices | Skate | سمك الورتك |
| Best Choices | Smelt | سمك الردانة |
| Best Choices | Sole | سمك موسى |
| Best Choices | Squid | الخبار |
| Best Choices | Tilapia | سمك البلطي |
| Best Choices | Trout, freshwater | سمك السالمون المرقط في المياه العذبة |
| Best Choices | Tuna, canned light (includes skipjack) | التونة المعلبة قليلة الدسم (بما في ذلك التونة الوثابة) |
| Best Choices | Whitefish | السمك الأبيض |
| Best Choices | Whiting | سمك قشر بياض |
| Good Choices | Bluefish | سمك القنبر |
| Good Choices | Buffalofish | سمك البفلو |
| Good Choices | Carp | سمك الشبوط (المبروك) |
| Good Choices | Chilean sea bass/Patagonian toothfish | قاروس البحر التشيلي/المسنن الباتاغوني |
| Good Choices | Grouper | سمك الجروبر |
| Good Choices | Halibut | سمك الهلبوت |
| Good Choices | Mahi mahi/dolphinfish | ماهي ماهي/سمكة الدولفين |
| Good Choices | Monkfish | سمكة الراهب |
| Good Choices | Rockfish | السمك الصخري |
| Good Choices | Sablefish | سمك القد الأسود |
| Good Choices | Sheepshead | سمك أبو حلام |
| Good Choices | Snapper | سمك النهاش |
| Good Choices | Spanish mackerel | الماكريل الأسباني |
| Good Choices | Striped bass (ocean) | القاروس المخطط (في المحيطات) |
| Good Choices | Tilefish (Atlantic Ocean) | سمك تايلفيش (في المحيط الأطلسي) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | التونة، البكورة أو البيضاء المعلبة والطازجة والمثلجة |
| Good Choices | Tuna, yellowfin | التونة صفراء الزعانف |
| Good Choices | Weakfish/seatrout | سمك الراخوص/السالمون البحري |
| Good Choices | White croaker/Pacific croaker | سمك النعاب الأبيض/النعاب في المحيط الهادئ |
| Choices to Avoid | King mackerel | سمك الماكريل الملكي |
| Choices to Avoid | Marlin | سمك المارلين |
| Choices to Avoid | Orange roughy | السمك الخشن البرتقالي |
| Choices to Avoid | Shark | سمك القرش |
| Choices to Avoid | Swordfish | سمك أبو سيف |
| Choices to Avoid | Tilefish (Gulf of Mexico) | سمك التايلفيش (في خليج المكسيك) |
| Choices to Avoid | Tuna, bigeye | التونة السندرية |

FISH CHOICES LISTED BY NAMES

English to Chinese (Simplified) Translation

| CATEGORY | ENGLISH | CHINESE (SIMPLIFIED) |
|------------------|--|----------------------|
| Best Choices | Anchovy | 鳀鱼 |
| Best Choices | Atlantic croaker | 大西洋黄鱼 |
| Best Choices | Atlantic mackerel | 大西洋鲭鱼 |
| Best Choices | Black sea bass | 黑海鲈 |
| Best Choices | Butterfish | 鲱鱼 |
| Best Choices | Catfish | 鲶鱼 |
| Best Choices | Clam | 蛤蜊 |
| Best Choices | Cod | 鳕鱼 |
| Best Choices | Crab | 螃蟹 |
| Best Choices | Crawfish | 淡水龙虾 |
| Best Choices | Flounder | 龙利鱼 |
| Best Choices | Haddock | 黑线鳕 |
| Best Choices | Hake | 无须鳕 |
| Best Choices | Herring | 鲱鱼 |
| Best Choices | Lobster, American and spiny | 美洲和多刺龙虾 |
| Best Choices | Mullet | 鲻鱼 |
| Best Choices | Oyster | 牡蛎 |
| Best Choices | Pacific chub mackerel | 太平洋白腹鲭 |
| Best Choices | Perch, freshwater and ocean | 淡水和大洋鲈 |
| Best Choices | Pickering | 梭子鱼 |
| Best Choices | Plaice | 欧鲽 |
| Best Choices | Pollock | 狭鳕 |
| Best Choices | Salmon | 三文鱼 |
| Best Choices | Sardine | 沙丁鱼 |
| Best Choices | Scallop | 扇贝 |
| Best Choices | Shad | 河鲱 |
| Best Choices | Shrimp | 虾 |
| Best Choices | Skate | 鳐鱼 |
| Best Choices | Smelt | 胡瓜鱼 |
| Best Choices | Sole | 舌鳎鱼 |
| Best Choices | Squid | 鱿鱼 |
| Best Choices | Tilapia | 罗非鱼 |
| Best Choices | Trout, freshwater | 淡水鳟鱼 |
| Best Choices | Tuna, canned light (includes skipjack) | 罐装淡金枪鱼 (包括鲣鱼) |
| Best Choices | Whitefish | 白鲑 |
| Best Choices | Whiting | 牙鳕 |
| Good Choices | Bluefish | 扁鲹 |
| Good Choices | Buffalofish | 牛鱼 |
| Good Choices | Carp | 鲤鱼 |
| Good Choices | Chilean sea bass/Patagonian toothfish | 智利海鲈鱼/南极鳕鱼 |
| Good Choices | Grouper | 石斑鱼 |
| Good Choices | Halibut | 大比目鱼 |
| Good Choices | Mahi mahi/dolphinfish | 海豚鱼/鲛鱼 |
| Good Choices | Monkfish | 安康鱼 |
| Good Choices | Rockfish | 岩鱼 |
| Good Choices | Sablefish | 银鳕 |
| Good Choices | Sheepshead | 羊头鱼 |
| Good Choices | Snapper | 鲷鱼 |
| Good Choices | Spanish mackerel | 西班牙鲭鱼 |
| Good Choices | Striped bass (ocean) | 银花鲈鱼 (深海) |
| Good Choices | Tilefish (Atlantic Ocean) | 方头鱼 (大西洋) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | 长鳍/白色金枪鱼 (罐装和新鲜/冷冻) |
| Good Choices | Tuna, yellowfin | 黄鳍金枪鱼 |
| Good Choices | Weakfish/seatrout | 犬牙石首鱼/海鲈 |
| Good Choices | White croaker/Pacific croaker | 白花鱼/太平洋黄花鱼 |
| Choices to Avoid | King mackerel | 大耳马鲛 |
| Choices to Avoid | Marlin | 马林鱼 |
| Choices to Avoid | Orange roughy | 新西兰红鱼 |
| Choices to Avoid | Shark | 鲨鱼 |
| Choices to Avoid | Swordfish | 剑鱼 |
| Choices to Avoid | Tilefish (Gulf of Mexico) | 方头鱼 (墨西哥湾) |
| Choices to Avoid | Tuna, bigeye | 大目金枪鱼 |

FISH CHOICES LISTED BY NAMES

English to Chinese (Traditional) Translation

| CATEGORY | ENGLISH | CHINESE (TRADITIONAL) |
|------------------|--|-----------------------|
| Best Choices | Anchovy | 鰵魚 |
| Best Choices | Atlantic croaker | 大西洋黃魚 |
| Best Choices | Atlantic mackerel | 大西洋鯖魚 |
| Best Choices | Black sea bass | 黑海鱸 |
| Best Choices | Butterfish | 鯧魚 |
| Best Choices | Catfish | 鮰魚 |
| Best Choices | Clam | 蛤蜊 |
| Best Choices | Cod | 鱈魚 |
| Best Choices | Crab | 螃蟹 |
| Best Choices | Crawfish | 淡水龍蝦 |
| Best Choices | Flounder | 龍利魚 |
| Best Choices | Haddock | 黑線鱈 |
| Best Choices | Hake | 無須鱈 |
| Best Choices | Herring | 鯵魚 |
| Best Choices | Lobster, American and spiny | 美洲和多刺龍蝦 |
| Best Choices | Mullet | 鱮魚 |
| Best Choices | Oyster | 牡蠣 |
| Best Choices | Pacific chub mackerel | 太平洋白腹鯖 |
| Best Choices | Perch, freshwater and ocean | 淡水和大洋鱸 |
| Best Choices | Pickrel | 梭子魚 |
| Best Choices | Plaice | 歐鰈 |
| Best Choices | Pollock | 狹鱈 |
| Best Choices | Salmon | 三文魚 |
| Best Choices | Sardine | 沙丁魚 |
| Best Choices | Scallop | 扇貝 |
| Best Choices | Shad | 河鯡 |
| Best Choices | Shrimp | 蝦 |
| Best Choices | Skate | 鱈魚 |
| Best Choices | Smelt | 胡瓜魚 |
| Best Choices | Sole | 舌鰷魚 |
| Best Choices | Squid | 魷魚 |
| Best Choices | Tilapia | 羅非魚 |
| Best Choices | Trout, freshwater | 淡水鱒魚 |
| Best Choices | Tuna, canned light (includes skipjack) | 罐裝淡金槍魚 (包括鰹魚) |
| Best Choices | Whitefish | 白鮭 |
| Best Choices | Whiting | 牙鱈 |
| Good Choices | Bluefish | 扁鰲 |
| Good Choices | Buffalofish | 牛魚 |
| Good Choices | Carp | 鯉魚 |
| Good Choices | Chilean sea bass/Patagonian toothfish | 智利海鱸魚/南極鱈魚 |
| Good Choices | Grouper | 石斑魚 |
| Good Choices | Halibut | 大比目魚 |
| Good Choices | Mahi mahi/dolphinfish | 海豚魚/旗鰹魚 |
| Good Choices | Monkfish | 安康魚 |
| Good Choices | Rockfish | 岩魚 |
| Good Choices | Sablefish | 銀鱈 |
| Good Choices | Sheepshead | 羊頭魚 |
| Good Choices | Snapper | 鯛魚 |
| Good Choices | Spanish mackerel | 西班牙鯖魚 |
| Good Choices | Striped bass (ocean) | 銀花鱸魚 (深海) |
| Good Choices | Tilefish (Atlantic Ocean) | 方頭魚 (大西洋) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | 長鱈/白色金槍魚 (罐裝和新鮮/冷凍) |
| Good Choices | Tuna, yellowfin | 黃鱈金槍魚 |
| Good Choices | Weakfish/seatrout | 犬牙石首魚/海鱒 |
| Good Choices | White croaker/Pacific croaker | 白花魚/太平洋黃花魚 |
| Choices to Avoid | King mackerel | 大耳馬鮫 |
| Choices to Avoid | Marlin | 馬林魚 |
| Choices to Avoid | Orange roughy | 紐西蘭紅魚 |
| Choices to Avoid | Shark | 鯊魚 |
| Choices to Avoid | Swordfish | 劍魚 |
| Choices to Avoid | Tilefish (Gulf of Mexico) | 方頭魚 (墨西哥灣) |
| Choices to Avoid | Tuna, bigeye | 大目金槍魚 |

FISH CHOICES LISTED BY NAMES

English to French Translation

| CATEGORY | ENGLISH | FRENCH |
|------------------|--|--|
| Best Choices | Anchovy | Anchois |
| Best Choices | Atlantic croaker | Tambour brésilien |
| Best Choices | Atlantic mackerel | Maquereau bleu |
| Best Choices | Black sea bass | Bar noir |
| Best Choices | Butterfish | Stromatée à fossettes |
| Best Choices | Catfish | Poisson-chat |
| Best Choices | Clam | Mye |
| Best Choices | Cod | Morue |
| Best Choices | Crab | Crabe |
| Best Choices | Crawfish | Écrevisse |
| Best Choices | Flounder | Flet |
| Best Choices | Haddock | Églefin |
| Best Choices | Hake | Merluche |
| Best Choices | Herring | Hareng |
| Best Choices | Lobster, American and spiny | Homard américain et langouste |
| Best Choices | Mullet | Mulet |
| Best Choices | Oyster | Huître |
| Best Choices | Pacific chub mackerel | Maquereau espagnol |
| Best Choices | Perch, freshwater and ocean | Perche d'eau douce et de mer |
| Best Choices | Pickrel | Brochet |
| Best Choices | Plaice | Carrelet |
| Best Choices | Pollock | Goberge |
| Best Choices | Salmon | Saumon |
| Best Choices | Sardine | Sardine |
| Best Choices | Scallop | Pétoncle |
| Best Choices | Shad | Alose |
| Best Choices | Shrimp | Crevettes |
| Best Choices | Skate | Raies |
| Best Choices | Smelt | Éperlan |
| Best Choices | Sole | Sole |
| Best Choices | Squid | Calmar |
| Best Choices | Tilapia | Tilapia |
| Best Choices | Trout, freshwater | Truite d'eau douce |
| Best Choices | Tuna, canned light (includes skipjack) | Thon léger en conserve (y compris la bonite) |
| Best Choices | Whitefish | Carégone |
| Best Choices | Whiting | Merlan |
| Good Choices | Bluefish | Tassergal |
| Good Choices | Buffalofish | Ictiobus |
| Good Choices | Carp | Carpe |
| Good Choices | Chilean sea bass/Patagonian toothfish | Bar du Chili/Légine australe |
| Good Choices | Grouper | Mérou |
| Good Choices | Halibut | Flétan |
| Good Choices | Mahi mahi/dolphinfish | Mahi mahi/coryphène |
| Good Choices | Monkfish | Baudroie |
| Good Choices | Rockfish | Rascasse |
| Good Choices | Sablefish | Charbonnier |
| Good Choices | Sheepshead | Rondeau mouton |
| Good Choices | Snapper | Vivaneau |
| Good Choices | Spanish mackerel | Maquereau espagnol |
| Good Choices | Striped bass (ocean) | Bar rayé (mer) |
| Good Choices | Tilefish (Atlantic Ocean) | Malacanthidae (Océan Atlantique) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | Thon germon/thon blanc, en conserve et frais/congelé |
| Good Choices | Tuna, yellowfin | Thon, Cynoscion regalis |
| Good Choices | Weakfish/seatrout | Truite de mer |
| Good Choices | White croaker/Pacific croaker | Courbine blanche/Courbine du pacifique |
| Choices to Avoid | King mackerel | Maquereau roi |
| Choices to Avoid | Marlin | Marlin |
| Choices to Avoid | Orange roughy | Hoplostète orange |
| Choices to Avoid | Shark | Requin |
| Choices to Avoid | Swordfish | Espadon |
| Choices to Avoid | Tilefish (Gulf of Mexico) | Malacanthidae (Golfe du Mexique) |
| Choices to Avoid | Tuna, bigeye | Thon à gros yeux |

FISH CHOICES LISTED BY NAMES

English to Hmong Translation

| CATEGORY | ENGLISH | HMONG |
|------------------|--|--|
| Best Choices | Anchovy | Anchovy |
| Best Choices | Atlantic croaker | Ntses hiav txwv As Las Tiv croaker |
| Best Choices | Atlantic mackerel | Ntses hiav txwv As Las Tiv mackerel |
| Best Choices | Black sea bass | Black sea bass |
| Best Choices | Butterfish | Butterfish |
| Best Choices | Catfish | Ntses Tuaj Kub |
| Best Choices | Clam | Pias Deg |
| Best Choices | Cod | Cod |
| Best Choices | Crab | Roob Ris |
| Best Choices | Crawfish | Koob cws dej tsuag |
| Best Choices | Flounder | Flounder |
| Best Choices | Haddock | Haddock |
| Best Choices | Hake | Hake |
| Best Choices | Herring | Herring |
| Best Choices | Lobster, American and spiny | Koob Cws Hiav Txwv, Ntses American thiab spiny |
| Best Choices | Mullet | Mullet |
| Best Choices | Oyster | Oyster |
| Best Choices | Pacific chub mackerel | Ntses hiav txwv Pas Xis Fiv chub mackerel |
| Best Choices | Perch, freshwater and ocean | Perch, ntses dej tsuag thiab dej hiav txwv |
| Best Choices | Pickrel | Pickrel |
| Best Choices | Plaice | Plaice |
| Best Choices | Pollock | Pollock |
| Best Choices | Salmon | Salmon |
| Best Choices | Sardine | Sardine |
| Best Choices | Scallop | Scallop |
| Best Choices | Shad | Shad |
| Best Choices | Shrimp | Koob Cws |
| Best Choices | Skate | Skate |
| Best Choices | Smelt | Smelt |
| Best Choices | Sole | Sole |
| Best Choices | Squid | Squid |
| Best Choices | Tilapia | Tilapia |
| Best Choices | Trout, freshwater | Trout, ntses dej tsuag |
| Best Choices | Tuna, canned light (includes skipjack) | Tuna, ntses kos poom (suav nrog skipjack) |
| Best Choices | Whitefish | Whitefish |
| Best Choices | Whiting | Whiting |
| Good Choices | Bluefish | Ntses Xiav |
| Good Choices | Buffalofish | Buffalofish |
| Good Choices | Carp | Carp |
| Good Choices | Chilean sea bass/Patagonian toothfish | Chilean sea bass/Patagonian toothfish |
| Good Choices | Grouper | Grouper |
| Good Choices | Halibut | Halibut |
| Good Choices | Mahi mahi/dolphinfish | Mahi mahi/dolphinfish |
| Good Choices | Monkfish | Monkfish |
| Good Choices | Rockfish | Rockfish |
| Good Choices | Sablefish | Sablefish |
| Good Choices | Sheepshead | Sheepshead |
| Good Choices | Snapper | Snapper |
| Good Choices | Spanish mackerel | Spanish mackerel |
| Good Choices | Striped bass (ocean) | Hiav txwv |
| Good Choices | Tilefish (Atlantic Ocean) | Hiav Txwv As Las Tiv |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | Tuna, albacore/ntses tuna dawb, ntses kos poom thiab cov ntses uas tseem tshiab/ntses tsau tub txias |
| Good Choices | Tuna, yellowfin | Tuna, ntses tis-tw daj |
| Good Choices | Weakfish/seatrout | Weakfish/seatrout |
| Good Choices | White croaker/Pacific croaker | Ntses croaker dawb/ Ntes hiav txwv Pas Xis Fiv croaker |
| Choices to Avoid | King mackerel | King mackerel |
| Choices to Avoid | Marlin | Marlin |
| Choices to Avoid | Orange roughy | Orange roughy |
| Choices to Avoid | Shark | Shark |
| Choices to Avoid | Swordfish | Swordfish |
| Choices to Avoid | Tilefish (Gulf of Mexico) | Tilefish (Pas Dej Mexico) |
| Choices to Avoid | Tuna, bigeye | Tuna, ntses qhov muag loj |

FISH CHOICES LISTED BY NAMES

English to Khmer Translation

| CATEGORY | ENGLISH | KHMER |
|------------------|--|---|
| Best Choices | Anchovy | ត្រីអានឆូវី |
| Best Choices | Atlantic croaker | ត្រីក្រូកយំអាត្លង់ទិក |
| Best Choices | Atlantic mackerel | ត្រីស្បែកអាត្លង់ទិក |
| Best Choices | Black sea bass | ត្រីប្រាសសមុទ្រខ្មៅ |
| Best Choices | Butterfish | ត្រីប្រាត់ជំហ្វីស |
| Best Choices | Catfish | ត្រីអណ្តែងឬត្រីឆ្កែ |
| Best Choices | Clam | លៀសសមុទ្រ |
| Best Choices | Cod | ត្រីម៉ែរុយ |
| Best Choices | Crab | ក្តាមសមុទ្រ |
| Best Choices | Crawfish | បង្កងសមុទ្រ |
| Best Choices | Flounder | ត្រីអណ្តែតផ្តែង |
| Best Choices | Haddock | ត្រីសមុទ្រហាតធុក |
| Best Choices | Hake | ត្រីហែក |
| Best Choices | Herring | ត្រីសាឌីន |
| Best Choices | Lobster, American and spiny | បង្កងអាមេរិកនិងបង្កងប្រេន |
| Best Choices | Mullet | ត្រីសមុទ្រម៉ូលឡាណូ |
| Best Choices | Oyster | ឯវាវ |
| Best Choices | Pacific chub mackerel | ត្រីស្បែកកាដប៉េស៊ីហ្វិក |
| Best Choices | Perch, freshwater and ocean | ត្រីសមុទ្រកើច ត្រីទឹកសាបនិងត្រីសមុទ្រ |
| Best Choices | Pickrel | ត្រីភីកកេរល |
| Best Choices | Plaice | ត្រីសមុទ្រផ្តាយ |
| Best Choices | Pollock | ត្រីសមុទ្រប៉ូឡូក |
| Best Choices | Salmon | ត្រីសាឌីន |
| Best Choices | Sardine | ត្រីសាឌីន |
| Best Choices | Scallop | លៀសសមុទ្រឬខ្យងក្រវែង |
| Best Choices | Shad | ត្រីសមុទ្រសាត |
| Best Choices | Shrimp | ក្រោនឬបង្កា |
| Best Choices | Skate | ត្រីបបែល |
| Best Choices | Smelt | ត្រីសមុទ្រស្វែល |
| Best Choices | Sole | ត្រីអណ្តែតផ្តែង |
| Best Choices | Squid | មីក |
| Best Choices | Tilapia | ត្រីទីឡាបាធីយ៉ា |
| Best Choices | Trout, freshwater | ត្រីទ្រូត ទឹកសាប |
| Best Choices | Tuna, canned light (includes skipjack) | ត្រីធូណា ត្រីខក់បំប៉ុង (រួមមានត្រីស្កីប្យាក) |
| Best Choices | Whitefish | ត្រីវែលីហ្វីស |
| Best Choices | Whiting | ត្រីវែលីធីន |
| Good Choices | Bluefish | ត្រីប្លូហ្វីស |
| Good Choices | Buffalofish | ត្រីប្រាហ្វូឡូហ្វីស |
| Good Choices | Carp | ត្រីកាប |
| Good Choices | Chilean sea bass/Patagonian toothfish | ត្រីប្រាសសមុទ្រឈីលីន/ត្រីប្រាតាហ្គីយ៉ា ធូណាហ្វីស |
| Good Choices | Grouper | ត្រីសមុទ្រត្រុបេរី |
| Good Choices | Halibut | ត្រីសមុទ្រហាលីបាត |
| Good Choices | Mahi mahi/dolphinfish | ត្រីម៉ាអិលី-ម៉ាអិលី/ត្រីដូលហ្វីន |
| Good Choices | Monkfish | ត្រីម៉ុងហ្វីស |
| Good Choices | Rockfish | ត្រីរ៉ុកហ្វីស |
| Good Choices | Sablefish | ត្រីសាប៊ែលហ្វីស |
| Good Choices | Sheepshead | ត្រីសមុទ្រស៊ីបសឺត |
| Good Choices | Snapper | ត្រីស្តែបេរី |
| Good Choices | Spanish mackerel | ត្រីស្បែកអាស្ប៉ាញ |
| Good Choices | Striped bass (ocean) | ត្រីប្រាសឆ្មុត (សមុទ្រ) |
| Good Choices | Tilefish (Atlantic Ocean) | ត្រីមីលីហ្វីស (សមុទ្រអាត្លង់ទិក) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | ត្រីធូណា, ត្រីអាល់បាកូរ/ត្រីធូណាស ត្រីខក់បំប៉ុង ត្រីស្រស់/ត្រីក្តាសរទឹកកក |
| Good Choices | Tuna, yellowfin | ត្រីធូណា ហ្វ្រាយហ្វីន |
| Good Choices | Weakfish/seatrout | ត្រីវ៉ែតហ្វីស/ត្រីស៊ីតត្រាត |
| Good Choices | White croaker/Pacific croaker | ត្រីវ៉ែតក្រូកយំ/ត្រីក្រូកយំប៉ាស៊ីហ្វិក |
| Choices to Avoid | King mackerel | ត្រីស្បែកកាយីង |
| Choices to Avoid | Marlin | ត្រីសមុទ្រម៉ាលីន |
| Choices to Avoid | Orange roughy | ត្រីសមុទ្រអរ៉ាញរ៉ាហ្គី |
| Choices to Avoid | Shark | ត្រីឆ្កែ |
| Choices to Avoid | Swordfish | ត្រីស្វតហ្វីស |
| Choices to Avoid | Tilefish (Gulf of Mexico) | ត្រីមីលីហ្វីស (ឈូងសមុទ្រមិកស៊ីកូ) |
| Choices to Avoid | Tuna, bigeye | ត្រីធូណា, ត្រីសមុទ្រប៊ីហ្គាយហ្វីស |

FISH CHOICES LISTED BY NAMES

English to Korean Translation

| CATEGORY | ENGLISH | KOREAN |
|------------------|--|----------------------------|
| Best Choices | Anchovy | 멸치류 |
| Best Choices | Atlantic croaker | 대서양 조기 |
| Best Choices | Atlantic mackerel | 대서양 고등어 |
| Best Choices | Black sea bass | 농어 |
| Best Choices | Butterfish | 버터피시 |
| Best Choices | Catfish | 메기 |
| Best Choices | Clam | 대합조개 |
| Best Choices | Cod | 대구 |
| Best Choices | Crab | 게 |
| Best Choices | Crawfish | 민물가재 |
| Best Choices | Flounder | 도다리 |
| Best Choices | Haddock | 해덕대구 |
| Best Choices | Hake | 메를루사 |
| Best Choices | Herring | 청어 |
| Best Choices | Lobster, American and spiny | 미국바닷가재와 닭새우 |
| Best Choices | Mullet | 송어 |
| Best Choices | Oyster | 굴 |
| Best Choices | Pacific chub mackerel | 태평양 고등어 |
| Best Choices | Perch, freshwater and ocean | 퍼치, 민물과 바다 |
| Best Choices | Pickrel | 강꼬치고기 |
| Best Choices | Plaice | 유럽 넙치 |
| Best Choices | Pollock | 명태 |
| Best Choices | Salmon | 연어 |
| Best Choices | Sardine | 정어리 |
| Best Choices | Scallop | 가리비 |
| Best Choices | Shad | 전어 |
| Best Choices | Shrimp | 새우 |
| Best Choices | Skate | 홍어 |
| Best Choices | Smelt | 바다빙어 |
| Best Choices | Sole | 가자미 |
| Best Choices | Squid | 오징어 |
| Best Choices | Tilapia | 틸라피아 |
| Best Choices | Trout, freshwater | 송어, 민물 |
| Best Choices | Tuna, canned light (includes skipjack) | 참치, 라이트 통조림 (가다랑어 포함) |
| Best Choices | Whitefish | 화이트피시 |
| Best Choices | Whiting | 화이트링 |
| Good Choices | Bluefish | 블루피시 |
| Good Choices | Buffalofish | 버팔로피시 |
| Good Choices | Carp | 잉어 |
| Good Choices | Chilean sea bass/Patagonian toothfish | 칠레 농어/메로 |
| Good Choices | Grouper | 그루퍼 |
| Good Choices | Halibut | 대서양 넙치 |
| Good Choices | Mahi mahi/dolphinfish | 마히마히/만새기 |
| Good Choices | Monkfish | 아귀 |
| Good Choices | Rockfish | 볼락 |
| Good Choices | Sablefish | 은대구 |
| Good Choices | Sheepshead | 양머리돔 |
| Good Choices | Snapper | 도미 |
| Good Choices | Spanish mackerel | 삼치 |
| Good Choices | Striped bass (ocean) | 줄농어 (바다) |
| Good Choices | Tilefish (Atlantic Ocean) | 옥돔류(대서양) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | 참치, 날개다랑어/흰다랑어, 통조림과 선어/냉동 |
| Good Choices | Tuna, yellowfin | 참치, 황다랑어 |
| Good Choices | Weakfish/seatrout | 민어/바다송어 |
| Good Choices | White croaker/Pacific croaker | 흰조기/태평양 조기 |
| Choices to Avoid | King mackerel | 동갈삼치류 |
| Choices to Avoid | Marlin | 청새치 |
| Choices to Avoid | Orange roughy | 오렌지 러피 |
| Choices to Avoid | Shark | 상어 |
| Choices to Avoid | Swordfish | 황새치 |
| Choices to Avoid | Tilefish (Gulf of Mexico) | 옥돔류(멕시코만) |
| Choices to Avoid | Tuna, bigeye | 참치, 눈다랑어 |

FISH CHOICES LISTED BY NAMES

English to Portuguese Translation

| CATEGORY | ENGLISH | PORTUGUESE |
|------------------|--|---|
| Best Choices | Anchovy | Anchova |
| Best Choices | Atlantic croaker | Corvina |
| Best Choices | Atlantic mackerel | Sarda |
| Best Choices | Black sea bass | Robalo |
| Best Choices | Butterfish | Gordinho |
| Best Choices | Catfish | Bagre |
| Best Choices | Clam | Amêijoia |
| Best Choices | Cod | Bacalhau |
| Best Choices | Crab | Caranguejo |
| Best Choices | Crawfish | Lagostim |
| Best Choices | Flounder | Linguado |
| Best Choices | Haddock | Hadoque |
| Best Choices | Hake | Pescada |
| Best Choices | Herring | Arenque |
| Best Choices | Lobster, American and spiny | Lagosta norte-americana e espinhosa |
| Best Choices | Mullet | Tainha |
| Best Choices | Oyster | Ostra |
| Best Choices | Pacific chub mackerel | Cavala |
| Best Choices | Perch, freshwater and ocean | Perca de água doce e de água salgada |
| Best Choices | Pickrel | Lúcio |
| Best Choices | Plaice | Linguado europeu |
| Best Choices | Pollock | Escamudo |
| Best Choices | Salmon | Salmão |
| Best Choices | Sardine | Sardinha |
| Best Choices | Scallop | Vieira |
| Best Choices | Shad | Sável |
| Best Choices | Shrimp | Camarão |
| Best Choices | Skate | Raia |
| Best Choices | Smelt | Eperlano |
| Best Choices | Sole | Solha |
| Best Choices | Squid | Lula |
| Best Choices | Tilapia | Tilápia |
| Best Choices | Trout, freshwater | Truta de água doce |
| Best Choices | Tuna, canned light (includes skipjack) | Atum claro enlatado (incluindo bonito) |
| Best Choices | Whitefish | Peixe-branco |
| Best Choices | Whiting | Badejo |
| Good Choices | Bluefish | Anchova |
| Good Choices | Buffalofish | Peixe-búfalo |
| Good Choices | Carp | Carpa |
| Good Choices | Chilean sea bass/Patagonian toothfish | Merluza-negra |
| Good Choices | Grouper | Garoupa |
| Good Choices | Halibut | Alabote |
| Good Choices | Mahi mahi/dolphinfish | Dourado |
| Good Choices | Monkfish | Tamboril |
| Good Choices | Rockfish | Boca-negra |
| Good Choices | Sablefish | Peixe carvão do Pacífico |
| Good Choices | Sheepshead | Sargo |
| Good Choices | Snapper | Luciano do Golfo |
| Good Choices | Spanish mackerel | Cavala espanhola |
| Good Choices | Striped bass (ocean) | Robalo riscado (água salgada) |
| Good Choices | Tilefish (Atlantic Ocean) | Malacantídeo (Oceano Atlântico) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | Atum, albacora/atum branco, enlatado e fresco/congelado |
| Good Choices | Tuna, yellowfin | Atum, albacora |
| Good Choices | Weakfish/seatrout | Pescada amarela, truta malhada |
| Good Choices | White croaker/Pacific croaker | Pescada branca |
| Choices to Avoid | King mackerel | Cavala verdadeira |
| Choices to Avoid | Marlin | Marlim |
| Choices to Avoid | Orange roughy | Olho-de-vidro laranja |
| Choices to Avoid | Shark | Tubarão |
| Choices to Avoid | Swordfish | Peixe-espada |
| Choices to Avoid | Tilefish (Gulf of Mexico) | Malacantídeo (Golfo do México) |
| Choices to Avoid | Tuna, bigeye | Albacora-bandolim |

FISH CHOICES LISTED BY NAMES

English to Spanish Translation

| CATEGORY | ENGLISH | SPANISH |
|------------------|--|--|
| Best Choices | Anchovy | Boquerón o anchoa |
| Best Choices | Atlantic croaker | Corvina |
| Best Choices | Atlantic mackerel | Caballa |
| Best Choices | Black sea bass | Róbalo |
| Best Choices | Butterfish | Palometa |
| Best Choices | Catfish | Bagre o pez gato |
| Best Choices | Clam | Almeja |
| Best Choices | Cod | Bacalao |
| Best Choices | Crab | Cangrejo |
| Best Choices | Crawfish | Cangrejo de río |
| Best Choices | Flounder | Platija o lenguado |
| Best Choices | Haddock | Eglefino |
| Best Choices | Hake | Merluza |
| Best Choices | Herring | Arenque |
| Best Choices | Lobster, American and spiny | Langosta americana o espinosa |
| Best Choices | Mullet | Lisa o pargo |
| Best Choices | Oyster | Ostra |
| Best Choices | Pacific chub mackerel | Caballa del Pacífico |
| Best Choices | Perch, freshwater and ocean | Perca, de agua dulce y de mar |
| Best Choices | Pickrel | Lucio |
| Best Choices | Plaice | Solla |
| Best Choices | Pollock | Gado o abadejo |
| Best Choices | Salmon | Salmón |
| Best Choices | Sardine | Sardina |
| Best Choices | Scallop | Vieira |
| Best Choices | Shad | Sábalo |
| Best Choices | Shrimp | Camarón |
| Best Choices | Skate | Raya |
| Best Choices | Smelt | Eperlano |
| Best Choices | Sole | Lenguado |
| Best Choices | Squid | Calamar |
| Best Choices | Tilapia | Tilapia |
| Best Choices | Trout, freshwater | Trucha, de agua dulce |
| Best Choices | Tuna, canned light (includes skipjack) | Atún, enlatado claro (incluye el bonito) |
| Best Choices | Whitefish | Pescado blanco |
| Best Choices | Whiting | Merlán o pescadilla |
| Good Choices | Bluefish | Anjova |
| Good Choices | Buffalofish | Bagre búfalo (o bagre boca chica) |
| Good Choices | Carp | Carpa |
| Good Choices | Chilean sea bass/Patagonian toothfish | Perca de mar chilena/Merluza negra |
| Good Choices | Grouper | Mero |
| Good Choices | Halibut | Halibut o fletán |
| Good Choices | Mahi mahi/dolphinfish | Dorado/pez delfín |
| Good Choices | Monkfish | Rape |
| Good Choices | Rockfish | Pez roca |
| Good Choices | Sablefish | Bacalao negro |
| Good Choices | Sheepshead | Chopa |
| Good Choices | Snapper | Lutjánido o pargo |
| Good Choices | Spanish mackerel | Caballa española |
| Good Choices | Striped bass (ocean) | Lubina rayada (del mar) |
| Good Choices | Tilefish (Atlantic Ocean) | Blanquillo o lofolátilo (Océano Atlántico) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | Atún, albacora/blanco, enlatado y fresco/congelado |
| Good Choices | Tuna, yellowfin | Atún, aleta amarilla |
| Good Choices | Weakfish/seatrout | Corvinata real/trucha de mar |
| Good Choices | White croaker/Pacific croaker | Corvina blanca/Corvina del Pacífico |
| Choices to Avoid | King mackerel | Macarela rey o caballa |
| Choices to Avoid | Marlin | Pez aguja o marlin |
| Choices to Avoid | Orange roughy | Reloj anaranjado, raya o pez emperador |
| Choices to Avoid | Shark | Tiburón |
| Choices to Avoid | Swordfish | Pez espada |
| Choices to Avoid | Tilefish (Gulf of Mexico) | Blanquillo o lofolátilo (Golfo de México) |
| Choices to Avoid | Tuna, bigeye | Atún de ojos grandes o patudo |

FISH CHOICES LISTED BY NAMES

English to Tagalog Translation

| CATEGORY | ENGLISH | TAGALOG |
|------------------|--|---|
| Best Choices | Anchovy | Anchovy |
| Best Choices | Atlantic croaker | Atlantic croaker |
| Best Choices | Atlantic mackerel | Atlantic croaker |
| Best Choices | Black sea bass | Black sea bass |
| Best Choices | Butterfish | Butterfish |
| Best Choices | Catfish | Hito |
| Best Choices | Clam | Halaan |
| Best Choices | Cod | Cod |
| Best Choices | Crab | Alimango |
| Best Choices | Crawfish | Crawfish |
| Best Choices | Flounder | Flounder |
| Best Choices | Haddock | Haddock |
| Best Choices | Hake | Hake |
| Best Choices | Herring | Herring |
| Best Choices | Lobster, American and spiny | Lobster, American at spiny |
| Best Choices | Mullet | Mullet |
| Best Choices | Oyster | Oyster |
| Best Choices | Pacific chub mackerel | Pacific chub mackerel |
| Best Choices | Perch, freshwater and ocean | Perch, tubig tabang at tubig-dagat |
| Best Choices | Pickrel | Pickrel |
| Best Choices | Plaice | Plaice |
| Best Choices | Pollock | Pollock |
| Best Choices | Salmon | Salmon |
| Best Choices | Sardine | Sardinas |
| Best Choices | Scallop | Scallop |
| Best Choices | Shad | Shad |
| Best Choices | Shrimp | Hipon |
| Best Choices | Skate | Skate |
| Best Choices | Smelt | Smelt |
| Best Choices | Sole | Sole |
| Best Choices | Squid | Pusit |
| Best Choices | Tilapia | Tilapia |
| Best Choices | Trout, freshwater | Trout, tubig tabang (freshwater) |
| Best Choices | Tuna, canned light (includes skipjack) | Tuna, de lata at light (kasama ang skipjack) |
| Best Choices | Whitefish | Whitefish |
| Best Choices | Whiting | Whiting |
| Good Choices | Bluefish | Bluefish |
| Good Choices | Buffalofish | Buffalofish |
| Good Choices | Carp | Carp |
| Good Choices | Chilean sea bass/Patagonian toothfish | Chilean sea bass/Patagonian toothfish |
| Good Choices | Grouper | Grouper |
| Good Choices | Halibut | Halibut |
| Good Choices | Mahi mahi/dolphinfish | Mahi mahi/dolphinfish |
| Good Choices | Monkfish | Monkfish |
| Good Choices | Rockfish | Rockfish |
| Good Choices | Sablefish | Sablefish |
| Good Choices | Sheepshead | Sheepshead |
| Good Choices | Snapper | Snapper |
| Good Choices | Spanish mackerel | Spanish mackerel |
| Good Choices | Striped bass (ocean) | Striped bass (mula sa dagat) |
| Good Choices | Tilefish (Atlantic Ocean) | Tilefish (Karagatan ng Atlantik) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | Tuna, albacore/puting tuna, de-lata at sariwa/nagyelo |
| Good Choices | Tuna, yellowfin | Tuna, yellowfin |
| Good Choices | Weakfish/seatrout | Weakfish/seatrout |
| Good Choices | White croaker/Pacific croaker | White croaker/Pacific croaker |
| Choices to Avoid | King mackerel | King mackerel |
| Choices to Avoid | Marlin | Marlin |
| Choices to Avoid | Orange roughy | Orange roughy |
| Choices to Avoid | Shark | Shark |
| Choices to Avoid | Swordfish | Swordfish |
| Choices to Avoid | Tilefish (Gulf of Mexico) | Tilefish (Gulf ng Mexico) |
| Choices to Avoid | Tuna, bigeye | Tuna, malaking-mata |

FISH CHOICES LISTED BY NAMES

English to Vietnamese Translation

| CATEGORY | ENGLISH | VIETNAMESE |
|------------------|--|---|
| Best Choices | Anchovy | Cá cơm |
| Best Choices | Atlantic croaker | Cá đù má Đại Tây Dương |
| Best Choices | Atlantic mackerel | Cá thu Đại Tây Dương |
| Best Choices | Black sea bass | Cá vược đen |
| Best Choices | Butterfish | Cá chim gai |
| Best Choices | Catfish | Cá da trơn |
| Best Choices | Clam | Ngao |
| Best Choices | Cod | Cá tuyết |
| Best Choices | Crab | Cua |
| Best Choices | Crawfish | Tôm hùm đất |
| Best Choices | Flounder | Cá bơn |
| Best Choices | Haddock | Cá vược |
| Best Choices | Hake | Cá tuyết chấm |
| Best Choices | Herring | Cá mòi |
| Best Choices | Lobster, American and spiny | Tôm hùm, Châu Mỹ và có gai |
| Best Choices | Mullet | Cá đối |
| Best Choices | Oyster | Hàu |
| Best Choices | Pacific chub mackerel | Cá thu Thái Bình Dương |
| Best Choices | Perch, freshwater and ocean | Cá rô, nước ngọt và nước mặn |
| Best Choices | Pickrel | Cá măng nhỏ |
| Best Choices | Plaice | Cá chim |
| Best Choices | Pollock | Cá minh thái |
| Best Choices | Salmon | Cá hồi |
| Best Choices | Sardine | Cá mòi |
| Best Choices | Scallop | Sò điệp |
| Best Choices | Shad | Cá trích |
| Best Choices | Shrimp | Tôm |
| Best Choices | Skate | Cá đuối |
| Best Choices | Smelt | Cá ốt me |
| Best Choices | Sole | Cá lười trâu |
| Best Choices | Squid | Mực |
| Best Choices | Tilapia | Cá rô phi |
| Best Choices | Trout, freshwater | Cá hồi, nước ngọt |
| Best Choices | Tuna, canned light (includes skipjack) | Cá thu, đóng hộp nhẹ (bao gồm cả cá ngừ phương đông) |
| Best Choices | Whitefish | Cá thịt trắng |
| Best Choices | Whiting | Cá trắng |
| Good Choices | Bluefish | Cá biển lớn |
| Good Choices | Buffalofish | Cá trâu |
| Good Choices | Carp | Cá chép |
| Good Choices | Chilean sea bass/Patagonian toothfish | Cá vược Chile/Cá răng cưa Patagonia |
| Good Choices | Grouper | Cá mú |
| Good Choices | Halibut | Cá chim lớn |
| Good Choices | Mahi mahi/dolphinfish | Cá Mahi mahi/cá heo |
| Good Choices | Monkfish | Cá chà |
| Good Choices | Rockfish | Cá đá |
| Good Choices | Sablefish | Cá than |
| Good Choices | Sheepshead | Cá đầu cừu |
| Good Choices | Snapper | Cá hồng |
| Good Choices | Spanish mackerel | Cá thu Tây Ban Nha |
| Good Choices | Striped bass (ocean) | Cá vược sọc (nước mặn) |
| Good Choices | Tilefish (Atlantic Ocean) | Cá kính (Biển Đại Tây Dương) |
| Good Choices | Tuna, albacore/white tuna, canned and fresh/frozen | Cá ngừ, cá ngừ albacore/trắng, đóng hộp và tươi/đông lạnh |
| Good Choices | Tuna, yellowfin | Cá ngừ, vây vàng |
| Good Choices | Weakfish/seatrout | Cá thu đá/cá hồi biển |
| Good Choices | White croaker/Pacific croaker | Cá đù trắng/Cá đù Thái Bình Dương |
| Choices to Avoid | King mackerel | Cá thu vua |
| Choices to Avoid | Marlin | Cá cờ xanh |
| Choices to Avoid | Orange roughy | Cá tráp cam |
| Choices to Avoid | Shark | Cá mập |
| Choices to Avoid | Swordfish | Cá kiếm |
| Choices to Avoid | Tilefish (Gulf of Mexico) | Cá kính (vịnh Mexico) |
| Choices to Avoid | Tuna, bigeye | Cá ngừ, mắt to |