Some species are complicated and fall into more than one colour category. Consumers are encouraged to ask questions about these species in particular:

**GREEN - BEST CHOICE**
- South African Sardine
- South African Snoek
- South African Perch
- South African Red Steenbras
- Natal Stumpnose
- Natal wrasse
- Genypterus capensis
- Thunnus albacares
- Thunnus alalunga
- Yellowfin tuna
- Yellowtail
- Kingklip
- Hake
- Herring
- Mackerel
- Horse Mackerel
- Salmon
- Sardine

**ORANGE - THINK TWICE**
- Silver Kob
- White Steenbras
- White Stumpnose
- Natal wels catfish
- South African wels catfish
- Black Musselcracker
- Black Musselcracker/Poenskop
- White Musselcracker
- Red Steenbras
- Red Stumpnose/Miss Lucy
- Chrysoblephus cristiceps
- Lichia amia
- Drifters
- West Coast Rock Lobster
- Red Hake
- European Hake
- Prawns
- Panga
- Pterogymnus laniarus
- Atlantic/Norwegian Salmon
- Alaska Salmon
- Atlantic Cod
- Atlantic Hake
- Roosterfish
- Lumpfish
- Hamari
- Humpback (South African)
- Humpback (Atlantic)
- Hamari
- Yabbies

**RED - DON’T BUY**
- King Mackerel
- Kingklip
- Hake
- Salmon
- Herring
- Mackerel
- Horse Mackerel
- Silver Kob
- White Steenbras
- White Stumpnose
- Natal wels catfish
- South African wels catfish
- Black Musselcracker
- Black Musselcracker/Poenskop
- White Musselcracker
- Red Steenbras
- Red Stumpnose/Miss Lucy
- Chrysoblephus cristiceps
- Lichia amia
- Drifters
- West Coast Rock Lobster
- Red Hake
- European Hake
- Prawns
- Panga
- Pterogymnus laniarus
- Atlantic/Norwegian Salmon
- Alaska Salmon
- Atlantic Cod
- Atlantic Hake
- Roosterfish
- Lumpfish
- Hamari
- Humpback (South African)
- Humpback (Atlantic)
- Hamari
- Yabbies

Always ask the following:
- What is it?
- Where is it from?
- How was it caught or farmed?

There are reasons for concern because of depleted populations, high fishing pressure, biological vulnerability and/or severe impacts of the fishery or farm on the environment.

- BUTTERFLIES
- Specially protected species
- Fishery Improvement Projects underway

The best choices from the healthiest and most well managed populations.