

CLEAN FISH

A'awa (*Bodianus Albotaeniatus*)

Alewife (*Alosa Pseudoharengus*)

Anchovy (Family: *Engraulidae*)

Anemonefish* (Family: *Pomacentridae*, Genus: *Amphiprion* and *Premnas*)

*Anemonefish are small fish, typically sold for aquariums, and are not commonly eaten.

Ama'ama (*Mugil Cephalus*)

Amberjack* (Family: *Carangidae*, Genus: *Seriola*)

*Greater Amberjack (Purplish Amberjack) (*Seriola Dumerili*) have been implicated in cases of Ciguatera Fish Poisoning (CFP). Avoid eating the internal organs and skin of fish to avert food poisoning.

Angelfish* (Family: *Cichlidae*, Genus: *Pterophyllum*)

*Angelfish are small fish, typically sold for aquariums, and are not commonly eaten.

Arowana (*Ostroglossidae*)

Awa (Ava) (*Chanos Chanos*)

Aweoweo (*Heteropriacanthus* and *Priacanthus Meeki*)

Balao (Baleo Halfbeak)* (*Hemiramphus Balao*)

*Balao are small fish, typically used as bait fish, and are not commonly eaten.

Ballyhoo (Ballyhoo Halfbeak, Balahu)* (*Hemiramphus Brasiliensis*)

*Ballyhoo Halfbeak have been implicated in cases of Ciguatera Fish Poisoning (CFP). Avoid eating the internal organs and skin of fish to avert food poisoning.

Banana Fish (*Elops Hawaiensis*, *Elops Machnata*, and *Pterocaesio Digramma*)

Bangús (*Chanos Chanos*)

Bannerfish (Family: *Chaetodontidae*)

Barbu (*Polydactylus Virginicus*)

Barracuda* (Family: *Sphyraenidae*, Genus: *Sphyraena*)

*Great Barracuda (Giant Barracuda) (*Sphyraena Barracuda*) have been implicated in cases of Ciguatera Fish Poisoning (CFP). Avoid eating the internal organs and skin of fish to avert food poisoning.

Barramundi* (*Lates Calcarifer*)

*Nile Perch (*Lates Niloticus*) are often mislabeled as Barramudi and are clean.

Bass* (Common Name) applied to several species of fish in: (Order: *Cichliformes* and *Perciformes*)

*Caribbean Blue Bass (*Serranus Tortugarum*) are small fish, typically sold for aquariums, and are not commonly eaten.

*Brindlbass (*Epinephelus Lanceolatus*) are unclear.

Bastard Dory* (*Danio Rerio*)

*Bastard Dory have venomous fin spines, but no associated venom gland.

Batfish (Family: *Catostomidae* and *Ehippidae*)

Bergall (*Tautogolabrus Adspersus*)

Bigeye* (Common Name) applied to several species of fish in: (Family: *Priacanthidae*)

*Bigeye Jack (*Caranx Sexfasciatus*), Bigeye Lightfish (*Woodsia Nonsuchae*), Bigeye Trevallie (*Caranx Latus* and *Caranx Sexfasciatus*), and Bigeye Tuna (*Thunnus Obesus*) are unclear.

Bigscale (Family: *Melamphidae*)

Blackfish (Common Name) applied to several species of fish including: (Family: *Centrolophidae*, *Cyprinidae*, *Dishistiidae*, *Escosidae*, *Kyphosidae*, and *Serranidae*)

Blacksmith (*Chromis Punctipinnis*)

Blanquillo (*Malacanthus Latovittatus*)

Bloater (*Coregonus Hoyi*)

Bluebottle Fish (*Nomeus Gronovii*)

Bluefish (*Pomatomus Saltatrix*)

Bluegill (*Lepomis Macrochirus*)

Blue Groper (Family: *Labridae*, Genus: *Achoerodus*)

Bobo (Family: *Polynemidae*, Genus: *Polydactylus*)

Bocaccio (Bocaccio Rockfish) (*Sebastes Paucispinis*)

Boga* (*Haemulon Vittatum*)

*Boga are small fish, typically used as bait fish, and are not commonly eaten.

Bonefish (*Albula Vulpes*)

Boneytongue (*Ostioglossidae*)

Boston Bluefish (*Pollachius Virens*)

Bowfin* (*Amia Calva*)

*Bowfin are commonly plagued by anchor worms and their gills harbor mollusk eggs, which hatch and develop in their gill tubes. Bowfin with liver cancer and leukemia have been reported.

Bream* (Family: *Bramidae, Sebastidae, and Sparidae*)

*Certain Bream have been known to be carriers of a toxin in the fish's organs that, if consumed, causes Ichthyosallyeintoxism – a rare food poisoning resulting in upset stomach, vomiting, disturbed sleep, nightmares, and hallucinations.

Avoid eating the internal organs of this fish, as with all fish, to avert its toxins.

Buffalo (Buffalofish, Buffalo Fish) (*Catostomus Bubalus*)

Bulleye (Bullseye) (Family: *Priacanthidae*)

Bunker (Family: *Clupeidae, Genus: Brevoortia and Ethmidium*)

Butterfish (Butter Fish)* (Family: *Stromateoidei*)

*Escolar, an unclean fish, has been mislabeled and sold as Butterfish.

Butterfly-Cod* (Family: *Scorpaenidae, Genus: Pterois*)

*Butterfly-Cod have venomous fin spines, but no associated venom gland.

Butterfly Fish (Family: *Chaetodontidae*)

Cabrilla* (*Serranus Cabrilla*)

*Flag Cabrilla (*Epinephelus Labriformis*) and Spotted Cabrilla (*Epinephelus Analogus*) are unclean.

Candlefish* (*Thaleichthys Pacificus*)

*Candlefish are often sold as 'Dried Candlefish,' and are consumed whole-head, guts, tail, and all. Fish should not be consumed whole.

Capelin (Caplin)* (*Mallotus Villosus*)

*Capelin are often sold as 'Dried Capelin,' and are consumed whole-head, guts, tail, and all. Fish should not be consumed whole.

Cardinalfish (Family: *Epigonidae*)

Carp* (Family: *Cyprinidae*)

*Leather Carp and Mirror Carp are scaleless or partially-scaled mutations of Common Carp and are unclean.

Carp sucker (Family: *Castostomidae, Genus: Carpides*)

Catalufa (Family: *Priacanthidae*)

Caviar (Roe, Fish Eggs)* Clean Caviar is from clean fish and is typically colored gold, orange, or red.

(e.g.: Capelin, Herring, Mullet, Salmon, Trout, and Whitefish)

*Unclean Caviar is from unclean fish and is typically colored black or gray.

(e.g.: Beluga, Kaluga, Ossetra, Sterlet, and Sturgeon)

*Clean Caviar is from clean fish, is contaminated and made unclean when it is dyed with squid ink to blacken its color. (eg.: Black Capelin Roe or Black Herring Roe)

Char (Charr) (*Salvelinus Alpinus*)

Chiclid* (Family: *Chiclidae*)

*Some Chiclids are small fish, typically sold for aquariums, and are not commonly eaten.

Chilipepper (Chilipepper Rockfish) (*Sebastes Goodei*)

Chilean Seabass (Chilean Sea Bass) (Family: *Nototheniidae, Genus: Dissostichus*)

Chinamanfish* (*Symphorus Nematophorus*)

*Chinamanfish, a species of Snapper, have been implicated in cases of ciguatera poisoning. Avoid eating the internal organs of this fish to avert food poisoning.

*Australia has banned the sale of Chinamanfish.

Chinook (Chinook Salmon) (*Oncorhynchus Tshawytscha*)

Chiro (*Elops Saurus*)

Chogset (Chog'set) (*Tautoglabrus Adspersus*)

Chub (Chup)* (Common Name) applied to several species of fish including: (*Centrolophus Niger, Coregonus Artedi, Coregonus Hoyi, and Tautoga Onitis*) and others in (Family: *Cyprinidae* and *Kyphosidae*)

*Chub Mackerel (*Scomber Japonicus*) and Spotted Chub Mackerel (*Scomber Australasicus*) are unclean.

Chubbuyu (Cubbyu) (*Equetus Umbrosus*)

Cichlid* (Family: Cichlidae)

*Many Cichlids are small fish that are not commonly eaten.

Cigarfish* (Decapterus Punctatus and Family: Nomeidae, Genus: Cubiceps)

*Mackerel Scad (Decapterus Marcarellus), sometimes called Cigarfish, are unclean.

Cisco (Family: Salmonidae, Genus: Coregonus)

Clownfish* (Family: Pomacentridae, Subfamily: Amphiprioninae)

*Clownfish are small fish, typically sold for aquariums, and are not commonly eaten.

Coalfish (Pollachius Virens)

Cobina (Corbie) (Menticirrhus Undulatus)

Cod (Codling)** (Common Name) applied to several species of fish including: (Family: Butidae, Euclichthyidae, Gadidae, Moridae, Nototheniidae, and Percichthyidae), Butterfly-Cod (Family: Scorpaenidae, Genus: Pterois), and Idiot Cod (Family: Sebastidae, Genus: Sebastolobus)

*Haddock (Melanogrammus Aeglefinus) and Whiting (Merlangius Merlangius) are sometimes sold as Cod and are clean.

*Freshwater / River Cod and Lingcod (Family: Lotidae), Brown Spotted Cod (Epinephelus Lanceolatus) Buffalo Cod / Cutlass Cod / Ling Cod (Ophiodon Elongatus), Coral Cod / Reef Cod / Rock Cod (Lotella Rhacina), Eel Cod (Family: Muraenolepididae), Potato Cod (Epinephelus Tukula), and Red Rock Cod (Scorpaena Papillosa) are unclean.

*Cod and related species are plagued by numerous parasites including Acanthocephalans, Cestodes, Copepods, Digeneans, Monogeneans, Myxozoans, Nematodes, and Protozoans in their skin and scales. Avoid eating the skin and scales of this fish, as with all fish.

*Winter Cod (Microgadus Tomcod) are resistant to toxic pollutants and store these toxins in their fat cells, primarily in their skin. Avoid eating the skin of this fish, as with all fish.

Comber (Family: Serranidae, Genus: Serranus)

Coralfish (Family: Chaetodontidae)

Corvina (Family: Sciaenidae)

Coley (Pollachius Virens)

Cottonwick (Family: Haemulidae, Genus: Haemulon)

Crappie (Family: Centrarchidae, Genus: Pomoxis)

Croaker (Family: Sciaenidae)

Cubehead (Family: Nomeidae, Genus: Cubiceps)

Cubby (Pareques Acuminatus)

Cunner (Tautoglabrus Adpersus)

Cutthroat Trout (Family: Salmonidae)

Dace** (Family: Cyprinidae)

*Dace are small fish that are not commonly eaten.

*Moapa Dace (Moapa Coriacea) are unclean.

Damselfish (Family: Pomacentridae)

Dart** (Family: Carangidae, Genus: Trachinotus) and (Family: Gobiidae, Genus: Nemateleotris)

*Dart (Family: Gobiidae, Genus: Nemateleotris) are small fish, typically sold for aquariums, and are not commonly eaten.

*Giant Dart (Scomberoides Lysan) are unclean.

Darter* (Family: Percidae)

*Darter are small fish that are not commonly eaten.

Doctorfish (Doctor Fish) (Family: Acanthuridae and Cyprinidae)

Dolly Varden (Salvelinus Malma)

Dolphinfish* (Family: Coryphaenidae, Genus: Coryphaena)

*Dolphin (Order: Artiodactyla, Infraorder: Cetacea) aquatic marine mammals are unclean.

Double Scalare* (Danio Rerio)

*Double Scalare have venomous fin spines, but no associated venom gland.

Dragonfish (Dragon Fish)* (Polypterus Senegalus and Scleropages Formosus)

*Dragonfish (Family: Pegasidae and Stomiidae) are unclean.

Driftfish (Family: Nomeidae)

Drum (Family: Scianidae)

Eulachon* (Thaleichthys Pacificus)

*Eulachon are often sold as 'Dried Eulachon,' and are consumed whole-head, guts, tail, and all. Fish should not be consumed whole.

Fallfish (*Semotilus Corporalis*)

Fathead (Family: Nomeidae, Genus: Cubiceps)

Feeler Fish (Family: Ipnopidae, Genus: Bathypetris)

Firefish (Fire Fish)* (Family: Scorpaenidae, Genus: Pterois)

*Firefish (*Nemateleotris Magnifica*) are unclean.

Flyingfish (Flying Fish) (Family: Exocoetidae)

Frostfish* (*Microgadus Tomcod*)

*Frostfish are resistant to toxic pollutants and store these toxins in their fat cells.

*Frostfish (Family: Trichiuridae) are unclean.

Fusillier (Family: Caesionidae)

Garibaldi (*Hypsypops Rubicundus*)

Gefilte Fish (Common Name) A poached stuffed fish mixture of ground deboned fish: carp, pike, or whitefish.

Girella (Family: Kyphosidae, Genus: Girella)

Glasseye (Family: Priacanthidae, Genus: Heteropriacanthus)

Goatfish* (Family: Mullidae)

*Certain Goatfish have been known to be carriers of a toxin in the fish's brain that, if consumed, causes Ichthyosallyeinotoxism – a rare food poisoning resulting in upset stomach, vomiting, disturbed sleep, nightmares, and hallucinations. Avoid eating near the head region of this fish.

Goldeye (*Hiodon Alosoides*)

Goldfish* (*Carassius Auratus*)

*Goldfish are small fish, typically sold for aquariums, and are not commonly eaten.

*Common Goldfish have been known to grow to a much larger size in the wild.

Gourami (Family: Osphronemidae)

Grayling (*Thymallus Arcticus* and *Thymallus Thymallus*)

Grenadier (Family: Macrouridae and Merlucciidae)

Groper (Family: Labridae)

Grunion (Family: Atherinopsinae, Genus: Leuresthes)

Grunt* (Family: Haemulidae)

*Grunt-Fish / Grunt Sculpin (*Rhamphocottus Richardsonii*) and Grunt Porkfish (*Anisotremus Taeniatus* and *Anisotremus Virginicus*) are unclean.

Grunter (Family: Terapontidae)

Haddock* (*Melanogrammus Aeglefinus*, and *Lampris Guttatus*)

Hake (Family: Gadidae, Merlucciidae, and Phycidae)

Halfbeak* (Family: Hemiramphidae)

*Ballyhoo Halfbeak (*Hemiramphus Brasiliensis*) have been implicated in cases of Ciguatera Fish Poisoning (CFP). Avoid eating the internal organs and skin of fish to avert food poisoning.

Halfmoon (*Medialuna Californiensis*)

Hamlet* (Family: Serranidae, Genus: Hypoplectrus)

*Mutton Hamlet (Family: Serranidae, Genus: *Alphestes* and *Dermatolepis*) are unclean.

Harvestfish (*Peprilus Paru*)

Hawkfish (Family: Cirrhitidae)

Herring* (Family: Clupeidae, Denticipitidae, Dussumieriidae, and Salmonidae)

*Herring Scad (*Alpes Vari*) are unclean.

Hogfish (Family: Labridae, Genus: *Bodianus* and *Lachnolaimus*)

Hoki (*Macruronus Novaezelandiae*)

Hooligan* (*Thaleichthys Pacificus*)

*Hooligan are often sold as 'Dried Hooligan,' and are consumed whole-head, guts, tail, and all. Fish should not be consumed whole.

Idiot Fish (Idiot Cod) (Family: Sebastidae, Genus: *Sebastolobus*)

Jack-Rash (Family: Elopidae)

Jacksmelt (*Atherinopsis Californiensis*)

Javelin Fish (*Lepidorhynchus Denticulatus*)

Jenny Lind* (*Seriola Dumerili*)

*Jenny Lind have been implicated in cases of Ciguatera Fish Poisoning (CFP). Avoid eating the internal organs and skin of fish to avert food poisoning.

Jewelfish* (Family: Cichlidae, Genus: *Hemichromis*)

*Jewelfish are small fish, typically sold for aquariums, and are not commonly eaten.

Jewfish* (*Glaucosoma Hebraicum*)

*Jewfish (*Epinephelus Itajara* and *Tandanus Tandanus*) are unclean.

Jobfish (Family: *Lutjanidae*)

Kākū (Family: *Sphyrnidae*, Genus: *Sphyrna*)

Kelpfish (Family: *Chironemidae* and *Clinidae*)

Killifish* (Order: *Cyprinodontiformes*)

*Killifish are small fish, typically sold for aquariums or bait, and are not commonly eaten.

Kingfish* (Common Name) applied to several species of fish including: Allied Kingfish (*Seriola Dumerili*), Northern Kingfish (*Menticirrhus Saxatilis*), and Southern Kingfish (*Menticirrhus Americanus*)

*Black Kingfish (*Rachycentron Canadum*), Bluefin Kingfish (*Caranx Melampygus*), Giant Kingfish (*Caranx Ignobilis*), Golden Kingfish (*Gnathanodon Speciosus*), Kingfish (Family: *Lampridae*, Genus: *Lamprus*), and King Mackerel (*Scomberomorus Cavalla*) are unclean.

Kiyi (*Coregonus Kiyi*)

Koi (Family: *Cyprinidae*, Genus: *Cyprinus*)

Ladyfish (Family: *Elopidae*)

Lafayette (*Leiostomus Xanthurus*)

Lake Trout (Family: *Salmonidae*)

Lanternbelly (Family: *Acropomatidae*)

Lanternfish (Family: *Myctophidae*)

Lionfish* (Family: *Scorpaenidae*, Genus: *Pterois*)

*Lionfish have venomous fin spines, but no associated venom gland.

Mackerel Pike* (Family: *Scomberesocidae*, Genus: *Cololabis* and *Scomberesox*)

*Mackerel (Family: *Scombridae*), Horse and Jack Mackerel (Family: *Carangidae*), Mackerel Scad (*Decapterus Macarellus*), and Snake Mackerel (*Lepidocybium Flavobrunneum*) are unclean.

Man-of-War Fish* (*Nomeus Gronovii*)

*Man-of-War (Family: *Physaliidae*, Genus: *Physalia*) marine hydrozoan are unclean.

Mahi-Mahi (Mahamahi)* (*Coryphaena Hippurus*)

*Mahi-Mahi have been implicated in cases of Ciguatera Fish Poisoning (CFP). Avoid eating the internal organs and skin of fish to avert food poisoning.

Malay (*Rachycentron Canadum*)

Mandarinfish (Mandarin Fish)* (*Siniperca Scherzeri*)

*Mandarinfish (*Synchiropus Splendidus* and *Synchiropus Picturatus*) are unclean

Maomao (*Carprodon Longimanus* and *Scorpius Violacea*)

Margate (*Anisotremus Surinamenses* and *Haemulon Album*)

Medusafish (Medusa Fish)* (Family: *Centrolophidae*)

*Medusa Jellyfish (Phylum: *Snidaria*, Subphylum: *Medusozoa*) are unclean.

Menhaden (Family: *Clupeidae*, Genus: *Brevoortia* and *Ethmidium*)

Menpachi (Family: *Holocentridae*, Subfamily: *Holocentrinae* and *Myripristinae*)

Milkfish (*Chanos Chanos*)

Minnow (Family: *Cyprinidae*)

Mojarra (Family: *Gerreidae*)

Mooneye (Family: *Hiodontidae*, Genus: *Hiodon*)

Moonfish* (Common Name) applied to several species of fish in: (Family: *Ephippidae* and *Poeciliidae*)

*Moonfish (Family: *Carangidae*, *Lampridae*, *Lotidae*, *Menidae*, and *Monodactylidae*) are unclean.

Moonlighter (*Tilodon Sexfasciatus*)

Mora (*Mora Moro*)

Mossbunker (Family: *Clupeidae*, Genus: *Brevoortia* and *Ethmidium*)

Mouthbrooder (Common Name) applied to several species of fish in: (Family: *Chichlidae*)

Mullet* (Family: *Mugilidae*)

*Mullet Snapper (*Lutjanus Aratus*) are clean.

Muskellunge (*Esox Masquinongy*)

Musselcracker (*Cymatoceps Nasutus* and *Spardon Durbanensis*)

Muttonfish* Mutton Snapper (*Lutjanus Analis*)

*Mutton Hamlet (Family: *Serranidae*) are unclean.

Northern Pikeminnow (*Ptychocheilus Oregonensis*)

Notothen (Family: *Nototheniidae*)

Old Wife* (Family: *Danio Rerio*)

*Old Wife have venomous fin spines, but no associated venom gland.

Oolichan (Ooligan)* (Family: *Thaleichthys Pacificus*)

*Oolichan are often sold as 'Dried Oolichan,' and are consumed whole-head, guts, tail, and all. Oolichan should not be consumed whole.

Opah (Family: *Lampridae*, Genus: *Lampris*)

*Opah has moderate to high levels of mercury content.

Opaleye (Family: *Girella Nigricans*)

Pacu (Family: *Serrasalminidae*)

Papermouth (Family: *Centrarchidae*, Genus: *Pomoxis*)

Paradise (Paradise Fish) (Family: *Polynemidae*, Genus: *Polynemus*)

Parrotfish (Family: *Scaridae*)

Pavon (Family: *Chichlidae*, Genus: *Chichla*)

Peacock Bass (Family: *Chichlidae*, Genus: *Chichla*)

Perch* (Family: *Percidae*, Genus: *Perca*, and *Sander*)

*Some fish called Perch are classified under Seaperch (Family: *Sabastidae* and *Serrinidae*), Perchlet (Family: *Perchichthyidae*, Genus: *Nannatherina*), Surfperch (Family: *Embiotocidae*), and Temperate Perch (Family: *Percichthyidae*) and are clean.

Perchlet (Family: *Ambassidae* and *Perchichthyidae*)

Permit (Family: *Trachinotus Falcatus*)

Pickrel (Family: *Esocidae*, Genus: *Esox*)

Pigfish* (Family: *Bodianus Unimaculatus* and *Orthopristis Chrysoptera*)

*Pigfish (Family: *Cogiopodidae*) are unclean.

Pike* (Family: *Esocidae*, Genus: *Esox*)

*Mackerel Pike (Family: *Scomberesocidae*) are clean.

Pikeminnow (Family: *Cyprinidae*, Genus: *Ptychocheilus*)

Pikeperch (Family: *Esocidae*)

Pilchard (Family: *Clupeidae*, Genus: *Sardina* and *Sardinops*)

Pilot Fish (Family: *Naucrates Ductor*)

Pinfish* (Family: *Diplodus Holbrookii* and *Lagodon Rhomboides*)

*Pinfish are typically used as bait fish and are not commonly eaten.

Pinjalo (Family: *Lutjanidae*, Genus: *Pinjalo*)

Piranha (Family: *Serrasalminidae*, Subfamily: *Serrasalminae*)

*Some Piranha have a high mercury content.

Platyfish (Platy)* (Family: *Poeciliidae*, Genus: *Xiphophorus*)

*Platyfish are small fish, typically sold for aquariums, and are not commonly eaten.

Podley (Family: *Pollachius Virens*)

Pollock (Family: *Gadidae*, Genus: *Pollachius*)

Pomfret (Family: *Bramidae*)

Pompano (Family: *Carangidae*, Genus: *Trachinotus*)

Porgy* (Family: *Ephippidae* and *Sparidae*)

*Certain Porgy have been known to be carriers of a toxin in the fish's organs that, if consumed, causes Ichthyosallyeinotoxism – a rare food poisoning resulting in upset stomach, vomiting, disturbed sleep, nightmares, and hallucinations. Avoid eating the internal organs of this fish, as with all fish, to avert its toxins.

Pupfish* (Family: *Cyprinodontidae*)

*Pupfish are small fish that are not commonly eaten.

Queenfish* (Family: *Serphus Politus*)

*Queenfish (Family: *Scomberoides Lysan*) are unclean.

Quillback (Family: *Carpiodes Cyprinus*)

Rainbow Sardine (Family: *Dussumieridae*, Genus: *Dussumieria*)

Rainbow Trout (Family: *Salmonidae*)

Rattail (Family: *Macrouridae*)

Redband Trout (Family: *Salmonidae*)

Redfish* (Common Name) applied to several species of fish in: (Family: *Berycidae*, *Lutjanidae*, *Salmonidae*, *Sciaenidae* and *Sebastidae*)

*Redfish (Family: *Trachichthyidae*) are unclean.

Ribaldo (*Mora Moro*)

Ribbon Fish (*Equetus Umbrosus*)

Ricefish* (*Family: Adrianichthyidae*)

*Ricefish are small fish, typically sold for aquariums, and are not commonly eaten.

Ridgehead (*Family: Melamphaidae*)

River Trout (*Family: Salmonidae*)

Roach (*Rutilus Rutilus*)

Robalo (*Centropomus Undecimalis*)

Rock Bass (*Family: Centrarchidae, Genus: Ambloplites*)

Rockfish* (*Common Name*) applied to several species of fish including: (*Family: Sebastidae*)

*Rockfish (*Myliobatis Goodei*), Rockfish (*Genus: Acanthoclinus*), Grouper (*Subfamily: Epinephelinae*), Scorpionfish (*Genus: Scorpaenidae*), and Stonefish (*Genus: Synanceia*) are unclean.

Roe (Caviar, Fish Eggs)* Clean Roe is from clean fish and is typically colored gold, orange, or red.

(e.g.: Capelin, Herring, Mullet, Salmon, Trout, and Whitefish)

*Unclean Roe is from unclean fish and is typically colored black or gray.

(e.g.: Beluga, Kaluga, Ossetra, Sterlet, and Sturgeon)

Clean Roe is from clean fish, but is contaminated and made unclean when it is dyed with squid ink to blacken its color. (e.g.: Black Capelin Roe or Black Herring Roe)

Rohu (Rohu Labeo, Rui) (*Labeo Rohita*)

Roosterfish* (*Nematistius Pectoralis*)

*Roosterfish (*Lepidorhombus Whiffiagonis*), a flatfish, is unclean.

Rosefish (Rose Fish) (*Sebastes Norvegicus*)

Round Robin* (*Decapterus Punctatus*)

*Sea Robin (*Family: Triglidae*) are unclean.

Rudderfish (*Common Name*) applied to several species of fish including: (*Family: Carangidae, Centrolophidae, Ephippidae, and Kyphosidae*)

Ruff (Ruffe) (*Common Name*) applied to several species of fish including: (*Arrpis Georgianis and Family: Centrolophidae, Genus: Schedophilus*)

Sablefish (*Anoplopoma Fimbria*)

Sailfin* (*Parexocoetus Brachypterus, Poecilia Latipinna, and Zebrasoma Veliferum*)

*Sailfin (*Arctoscopus Japonicus*) is unclean.

Sailor's Choice* (*Seriola Dumerili and Family: Haemulidae, Genus Haemulon*)

*Sailor's Choice (*Seriola Dumerili*) have been implicated in cases of Ciguatera Fish Poisoning (CFP). Avoid eating the internal organs and skin of fish to avert food poisoning.

Saithe (*Pollachius Virens*)

Salmon** (*Family: Gonorynchidae and Salmonidae*)

*Greater Amberjack (*Seriola Dumerili*) are sometimes called Rock Salmon and are clean.

*Black Salmon (*Rachycentron Canadum*) and Rock Salmon, a shark cuisine dish served in Britain, are unclean.

Sander (*Family: Percidae, Genus: Sander*)

Sandfish (Sand Fish)* (*Labeo Seeberi, Serranus Subligarius, Family: Gonorynchidae and Leptoscopidae*)

*Sandfish (*Awaous Tajasica and Family: Trichodontidae*) are unclean.

Sardine (*Family: Clupeidae and Dussumieriidae*)

Sardinella (*Family: Clupeidae, Genus: Sardinella*)

Sargo (*Family: Haemulidae and Sparidae*)

Sauger (*Sander Canadensis*)

Sawtail* (*Family: Acanthuridae, Genus: Prionurus*).

*Sawtail are small fish that are not commonly eaten.

Scup (*Stenotomus Chrysops*)

Seabass (Sea Bass)* (*Common Name*) applied to several species of fish in: (*Order: Perciformes*)

*Brindlbass (*Epinephelus Lanceolatus*) are unclean.

Seabream (Sea Bream)* (*Family: Bramidae, Sebastidae, and Sparidae*)

*Certain Sea Bream have been known to be carriers of a toxin in the fish's organs that, if consumed, causes Ichthyosallyeinotoxism – a rare food poisoning resulting in upset stomach, vomiting, disturbed sleep, nightmares, and hallucinations.

Avoid eating the internal organs of this fish, as with all fish, to avert its toxins.

Seachub (Sea Chub) (Family: *Kyphosidae*)

Seaperch (Sea Perch) (Common Name) applied to several species of fish including: (Family: *Embiotocidae*, *Sabastidae*, and *Serrinidae*)

Seatrout (Sea Trout) (Common Name) applied to several species of fish including: Sand Seatrout (*Cynoscion Arenarius*), Silver Sea Trout / Spotted Seatrout (*Cynoscion Nebulosus*)

Sennet (Family: *Sphyraenidae*, Genus: *Sphyraena*)

Sergeant Fish (*Centropomus Undecimalis*)

Serrano (Family: *Serranus*)

Shad (Family: *Clupeidae*, Genus: *Dorosoma* and *Alosa*)

Shark* Shark Mullet (*Squalomugil Nasutus*) and Chinese High-Fin Banded Shark (*Myxocyprinus Asiaticus*) are called Shark, but not related to Shark,* and are clean.

*Shark (Class *Chondrichthyes*; Subclass *Elasmobranchii*) are unclean.

Sheepshead (*Archosargus Probatoccephalus*)

Shipjack** (*Elops Saurus*)

*Shipjack Shad (*Alosa Chrysochloris*) are clean.

*Shipjack Tuna (*Katsuwonus Pelamis*) are unclean.

Sicklefish* (Family: *Drepaneidae*)

*Sicklefish Grouper (*Dermatolepis Inermis*) are unclean.

Silver Dollar (Family: *Serrasalminidae*, Genus: *Metynnis*)

Silverside* (Order: *Atheriniformes*)

*Silverside should not be consumed whole.

Smelt* (Family: *Osmeridae*)

*Smelt are often sold as 'Dried Smelt,' and are consumed whole-head, guts, tail, and all. Smelt should not be consumed whole.

Snapper* (Family: *Lutjanidae* and Family: *Pomatomidae*)

*Chinamanfish (*Symphorus Nematophorus*), a species of Snapper, have been implicated in cases of Ciguatera Fish Poisoning (CFP).

*Australia has banned the sale of Chinamanfish.

Snook (*Centropomus Undecimalis*)

Soldierfish (Family: *Holocentridae*, Subfamily: *Myripristinae*)

Spadefish (Family: *Ephippidae*)

Spearing* (*Menidia Menidia*)

*Spearing are typically used as bait fish and are sometimes consumed whole-head, guts, tail, and all. Spearing should not be consumed whole.

Speck (Family: *Centrarchidae*, Genus: *Pomoxis*)

Spiderfish (Family: *Ipnopidae*, Genus: *Bathypterois*)

Spinefish (Spine Fish) (Order: *Beloniformes*, Family: *Hemiramphidae*)

Splittail* (Family: *Cyprinidae*; Genus: *Pogonichthys*)

*Clear Lake Splittail (*Pogonichthys Ciscoides*) was declared extinct in the mid-1970's.

Spot (*Leiostomus Xanthurus*)

Sprat (Family: *Clupeidae*, Genus: *Sprattus*)

Squawfish (*Ptychocheilus Oregonensis*)

Squeteague (*Cynoscion Regalis*)

Squirrelfish (Family: *Holocentridae*, Subfamily: *Holocentrinae*)

Spadefish (Family: *Ephippidae*)

Steelhead (Steelhead Trout) (*Oncorhynchus Mykiss*)

Suckerfish (Sucker)* (Family: *Catostomidae*)

*Suckerfish (*Beaufortia Kweichowensis*, Family: *Echeneidae* and *Loricariidae*) are unclean.

Sunfish* (Common Name) applied to several species of fish in: (Family: *Centrarchidae* and *Lapridae*)

*Sunfish (*Cetorhinus Maximus*, Family: *Lampridae* and *Molidae*) are unclean.

Surfpech (Family: *Embiotocidae*)

Surgeonfish* (Family: *Acanthuridae*)

*Surgeonfish are small fish that are not commonly eaten.

Surmullet (*Mullus Surmuletus*)

Swordtail (Family: *Poeciliidae*, Genus: *Xiphophorus*)

Tang* (Family: *Acanthuridae*)

*Tang are small fish that are not commonly eaten.

Tarpon (Family: *Megalopidae*, Genus: *Megalops*)

Tastyfish* (Family: *Scorpaenidae*, Genus: *Pterois*)

*Tastyfish have venomous fin spines, but no associated venom gland.

Tautog (*Tautoga Onitis*)

Tench (*Tinca Tinca*)

Temperate Bass (Family: *Moronidae*)

Temperate Perch (Family: *Percichthyidae*)

Tenpounder (*Elops Machnata* and *Elops Saurus*)

Thornyhead (Family: *Sebastidae*, Genus: *Sebastolobus*)

Threadfin* (Family: *Polynemidae*)

*Indian Threadfin (*Alectis Indica*) are unclean.

Tilapia (Family: *Cichlidae*)

Toctoc (*Haemulon Aurolineatum*)

Tomcod* Atlantic Tomcod (Family: *Gadidae*) and Pacific Tomcod (*Microgadus Proximus*)

*Atlantic Tomcod (*Microgadus Tomcod*) are resistant to toxic pollutants and store these toxins in their fat cells.

Tomtate (*Haemulon Aurolineatum*)

Toothcarp* (Family: *Cyprinodontidae*)

*Toothcarp are small fish, typically sold for aquariums, and are not commonly eaten.

Toothfish (Antarctic Toothfish, Patagonian Toothfish) (Family: *Nototheniidae*, Genus: *Diddostichus*)

Topsmelt (Topsmelt Silverside) (*Atherinops Affinis*)

Treefish* (*Sebastes Serriceps*)

*Treefish have venomous fin spines, but no associated venom gland.

Trevally (Yellow Trevally)* (*Seriola Dumerili*)

*Trevally with scutes (Order: *Carangiformes*, Family: *Carangidae*) are unclean.

Tripletail (Family: *Labridae* and *Lobotidae*)

Tripodfish (Tripod Fish)* (Family: *Ipnopidae*)

*Tripodfish (Family: *Triacanthidae*) are unclean.

Trout* (Family: *Salmonidae*)

*Swamp Trout (*Amia Calva*) are unclean.

Tullibee (*Coregonus Artedi*)

Turkeyfish* (Family: *Scorpaenidae*, Genus: *Pterois*)

*Turkeyfish have venomous fin spines, but no associated venom gland.

Tuskfish (Family: *Labridae*, Genus: *Choerodon*)

Unicornfish (Unicorn)* (Family: *Acanthuridae*)

*Unicornfish are small fish that are not commonly eaten.

Walleye* Walleye Pollock (*Gadus Chalcogrammus*) and Yellow Walleye (*Sander Vitreus*)

*Blue Walleye (*Sander Vitreus Vitreus*) was declared extinct in 1983.

Warmouth (*Lepomis Gulosus*)

Weakfish (*Cynoscion Regalis*)

Wenchman (Family: *Lutjanidae*)

Whipnose (Family: *Gigantactinidae*, Genus: *Gigantactis*)

Whitefish (White Fish)* (Common Name) applied to several species of fish, including: (*Coregonus Clupeaformis*, *Coregonus Huntsmani*, *Coregonus Lavaretus*, *Gadus Morhua*, *Pseudobarbus Capensis*, and *Rutilus Kutum*).

*Whitefish (*Callorhynchus Milii*, *Caulolatilus Princeps*, *Delphinapterus Leucas*, *Huso Huso*, *Hydrolagus Ogilbyi*, *Scomberoides Lysan*, and Family: *Pleuronectidae*, Genus: *Hippoglossus*) are unclean.

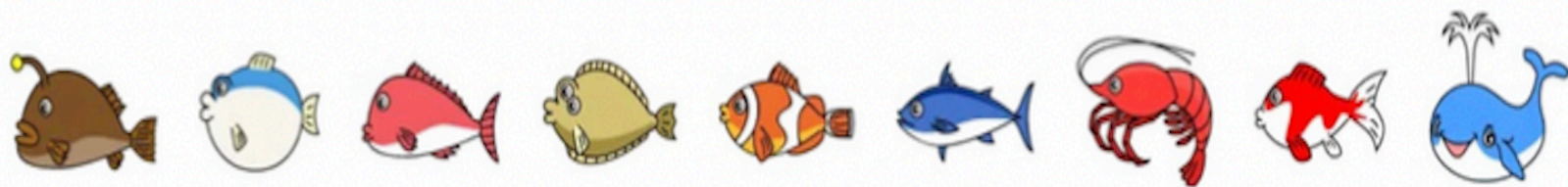
Whiting* (*Merlangius Merlangius* and *Menticirrus Americanus*)

*Halibut (Family: *Pleuronectidae*, Genus: *Hippoglossus*) is called Whiting and is unclean.

Wrasse (Family: *Labridae*)

Zebrafish (Zebra Fish)* (*Danio Rerio*)

*Zebrafish have venomous fin spines, but no associated venom gland.



UNCLEAN FISH

Albacore* (*Thunnus Alalunga*)

- *The FDA has issued guidelines recommending that pregnant women, nursing mothers, and children limit their intake of Albacore, because of their high mercury content.
- *Albacore harbor various parasites that can cause foodborne illness in humans, marked by intestinal infections that trigger diarrhea, fever, vomiting, and related symptoms.

Alligatorfish* (*Aspidophoroides Monopterygius*)

- *Alligator Gar (*Atractosteus Spatula*), Alligator (*Family: Alligatoridae*) semiaquatic reptiles, and Alligator Snapping Turtle (*Macrochelys Temminckii*) semiaquatic reptiles are unclean.

Anglerfish (*Order: Lophiliiformes*)

Ankoh (*Family: Lophiidae, Genus: Lophius*)

Arapaima (*Family: Arapaimidae, Genus: Arapaima*)

Assfish (Boney-Eared Assfish) (*Acanthonus Armatus*)

Balloonfish (*Order: Tetraodontiformes*)

Barbeled Dragonfish (*Family: Stomiidae*)

Basa (Basa Fish) (*Pangasius Bocourti*)

Beltfish (*Family: Trichiuridae, Genus: Lepidopus and Trichiurus*)

Bigeye* (*Common Name*) applied to several species of fish including: Bigeye Jack (*Caranx Sexfasciatus*), Bigeye Lightfish (*Woodsia Nonsuchae*), Bigeye Trevallie (*Caranx Latus and Caranx Sexfasciatus*), and Bigeye Tuna (*Thunnus Obesus*)

- *Bigeye (*Family: Priacanthidae*) are clean.

Billfish (*Common Name*) applied to a group of apex predatory fish characterized with prominent bills including: (*Order: Istiophoriformes*)

Black Salmon** (*Rachycentron Canadum*)

- *Rock Salmon, a shark cuisine dish served in Britain, is unclean.

- *Salmon (*Family: Gonorynchidae and Salmonidae*) are clean.

Black Swallower (*Chiasmodon Niger*)

Blenny (*Order: Blenniiformes, Cichliformes, and Perciformes*)

Blowfish* (*Common Name*) applied to several species of fish in: (*Order: Tetraodontiformes*)

- *Blowfish contain a concentrated neurotoxin, tetrodotoxin, in their internal organs and sometimes their skin.

Blue Runner* (*Caranx Cryos*)

- *Blue Runner have been implicated in cases of Ciguatera Fish Poisoning (CFP).

- *Blue Runner scavenge off food scraps and eat the excrement of Spinner Dolphins.

Bocourti (*Pangasius Bocourti*)

Bombay Duck* (*Harpadon Nehereus*)

- *Duck (*Family: Anatidae*) waterfowl are unclean.

Bonito* (*Family: Scombridae*)

- *Black Bonito (*Rachycentron Canadum*) are unclean.

Boxfish (*Family: Ostraciidae*)

Brill* (*Scophthalmus Rhombus*)

- *Brill harbor various parasites including: Tapeworms.

Brindlebass* (*Epinephelus Lanceolatus*)

- *Other Bass in: (*Order: Cichliformes and Perciformes*) are clean.

Brismak (*Brosme Brosme*)

Broadbill (*Xiphias Gladius*)

- *Broadbill harbor numerous parasites.

Bullhead* (*Common Name*) applied to several species of fish including: (*Family: Actinopterygii, Agonidae, Bagridae, Claroteidae, Cottidae, Ictaluridae, Tripterygiidae*)

- *Bullhead Minnow (*Pimephales Vigilax*) are clean.

Bummalo (Bumalo) (*Harpadon Nehereus*)

Bumper (*Family: Carangidae, Genus: Chloroscombrus*)

Burbot (*Lota Lota*)

Cabezón (*Scorpaenichthys Marmoratus*)

Cabio (*Rachycentron Canadum*)





Catfish* (Order: *Nematognathi / Suliformes*)

*Many Catfish have venomous stinger barbs embedded behind their fins and some contain extremely toxic venoms that can be deadly to humans.

Cavalli* (*Caranx Hippos*)

*Cavalli have been implicated in cases of Ciguatera Fish Poisoning (CFP).

Caviar (Fish Eggs, Roe)* *Unclean Caviar is from unclean fish and is typically colored black or gray. (e.g.: Beluga, Kaluga, Ossetra, Sterlet, and Sturgeon)

*Clean Caviar is from clean fish, but is contaminated and made unclean when it is dyed with squid ink to blacken its color. (eg.: Black Capelin Caviar or Black Herring Caviar)

*Clean Caviar is from clean fish and is typically colored gold, orange, or red.

(e.g.: Capelin, Herring, Mullet, Salmon, Trout, and Whitefish)

Chimaera (Order: *Chimaeriformes*)

Choupique (*Amia Calva*)

Clingfish (Family: *Gobiesocidae*)

Cobbler (*Cnidogobius Microcephalus* and *Pangasius Bocourti*)

Cobia (*Rachycentron Canadum*)

Cod (Codling)* * (Common Name) applied to several species of fish including: Freshwater / River Cod / and Lingcod (Family: *Lotidae*), Brown Spotted Cod (*Epinephelus Lanceolatus*), Cutlass Cod / Ling Cod (*Ophiodon Elongatus*), Coral Cod / Reef Cod / Rock Cod (*Lotella Rhacina*), Eel Cod (Family: *Muraenolepididae*), Potato Cod (*Epinephelus Tukula*), and Red Rock Cod (*Scorpaena Papillosa*).

*Cod and related species are plagued by numerous parasites including Acanthocephalans, Cestodes, Copepods, Digeneans, Monogeneans, Myxozoans, Nematodes, and Protozoans.

*Many species of Cod have thick mucus covering their scales.

*Winter Cod (*Microgadus Tomcod*) are resistant to toxic pollutants and store these toxins in their fat cells.

*Cod (Family: *Butidae*, *Eulichthyidae*, *Gadidae*, *Moridae*, *Nototheniidae*, *Percichthyidae*), Butterfly-Cod (Family: *Scorpaenidae*, Genus: *Pterois*), and Idiot Cod (Family: *Sebastidae*, Genus: *Sebastolobus*) are clean.

*Haddock (*Melanogrammus Aeglefinus*) and Whiting (*Merlangius Merlangius*) are sometimes sold as Cod and are clean.

Coffersfish (Family: *Ostraciidae*)

Coelacanth* (Order: *Coelacanthiformes*)

*Coelacanth have high amounts of oil, urea, wax esters, and other compounds within their flesh, which the human digestive system cannot digest. Consumption of Coelacanth can cause the sickness known as keriorrhea, which turns a person's stool orange. Nausea, vomiting, diarrhea, abdominal cramps and/or headache – all of which can be pretty dramatic – can occur within a few hours of eating the fish and can last up to 24 to 48 hours.

Coney-Fish (*Lota Lota*)

Conger (Family: *Congridae*)

Constellationfish (Family: *Sternoptychidae*)

Cornetfish (Family: *Fistulariidae*, Genus: *Fistularia*)

Cowfish (Cow Fish) (Family: *Ostraciidae*)

Crab Eater* (*Rachycentron Canadum*)

*Crab (Infraorder: *Brachyura*) crustaceans are unclean.

Crawfish (Crayfish) (Superfamily: *Astacoidea* and *Parastacoidea*) are freshwater crustaceans.

Crevalle Jack* (*Caranx Hippos*)

*Crevalle Jack have been implicated in cases of Ciguatera Fish Poisoning (CFP).

*Crevalle Jack harbor parasites: *Stephanostomum Ditremitis* and *Bucephalus Varicus*.

Crocodile Icefish* (Family: *Channichthyidae*)

Crocodile Needlefish* (*Tylosurus Crocodilus*)

*Crocodile (Family: *Crocodylidae*) semiaquatic reptiles are unclean.

Cusk (Family: *Lotidae*)

Cutlassfish (Family: *Trichiuridae*)

Dab* (Family: *Pleuronectidae*)

*Dab harbor various parasites including Nematodes.

Dartfish (Family: *Microdesmidae*)

Dogfish (*Amia Calva*, *Scyliorhinus Stellaris*, and Family: *Squalidae*)





Dolphin* (Order: Artiodactyla, Infraorder: Cetacea) aquatic marine mammals.

*Dolphinfish (Family: Coryphaenidae, Genus: Coryphaena) are clean.

Donkey Fish (Dermatolepis Inermis)

Dory (Common Name) applied to several species of fish in: (Family: Cyttidae, Oreosamitidae, Prazenidae, Zeidae, Zenionidae, and Zeniontidae)

Dragnet (Family: Callionymidae)

Dragonfish (Dragon Fish)* (Family: Pegasidae and Stomiidae)

*Dragonfish (Polypterus Senegalus and Scleropages Formosus) are clean.

Eel (Order: Anguilliformes)

Eelpout (Family: Zoarcidae)

Elephantfish (Elephant Fish) (Family: Callorhynchidae and Mormyridae)

Escolar* (Lepidocybium Flavobrunneum)

*Escolar contain oil within their flesh called wax-esters, which the human digestive system cannot digest. Consumption of Escolar can cause the sickness known as keriorrhea or steatorrhea, caused by gempylotoxism or gempylid fish poisoning, which turns a person's stool orange. Nausea, vomiting, diarrhea, abdominal cramps and/or headache – all of which can be pretty dramatic – can occur within hours of eating the fish and can last 24 to 48 hours.

*Escolar is sometimes fraudulently sold as White Tuna.

*Italy and Japan have banned the sale of Escolar.

Fangtooth (Family: Anoplogastridae / Anoplogasteridae, Genus: Anoplogaster)

Filefish (Family: Monacanthidae)

Fishing-Frog* (Family: Lophiidae, Genus: Lophius)

*Frog (Order: Anura) amphibians are unclean.

Flatfish* (Common Name) applied to several species of fish including: Flounder, Fluke, Halibut, Plaice, Sole, and Turbot (Order: Pleuronectiformes / Heterosomatta)

*Flatfish harbor various parasites throughout their bodies including: Acanthocephalans, Cestodes, Cod Worms, Copepods, Myxosporia, Nematodes, Myxosporia, Nerocila, Protozoans, Roundworms, Tapeworms, and Trematodes.

Flatheads (Family: Platycephalidae)

Flounder* (Order: Pleuronectiformes / Heterosomatta, Family: Achiropsettidae, Bothidae, Paralichthyidae, Pleuronectidae, and Samaridae)

*Flounder harbor various parasites throughout their bodies including: Acanthocephalans, Cestodes, Cod Worms, Copepods, Myxosporia, Nematodes, Myxosporia, Nerocila, Protozoans, Roundworms, Tapeworms, and Trematodes.

*Olive Flounder (Paralichthys Olivaceus), infected with Mykozoan (Kudoa Septemlineata) parasites, have been implicated in cases of gastroenteritis food poisoning.

Fluke* (Paralichthys Dentatus)

*Fluke harbor various parasites throughout their bodies including: Acanthocephalans, Cestodes, Copepods, Protozoans, and Trematodes.

Flutemouth (Family: Fistulariidae, Genus: Fistularia)

Foolfish (Family: Monacanthidae)

Frogfish (Frog-Fish) (Order: Lophiiformes)

*Frog (Order: Anura) amphibians are unclean.

Frostfish* (Family: Trichiuridae)

*Frostfish (Microgadus Tomcod) are clean.

Fugu* (Common Name) applied to several species of fish in: (Family: Tetraodontidae)

*Fugu contain a concentrated neurotoxin, tetrodotoxin, in their internal organs and sometimes their skin.

Gar (Family: Lepisosteidae)

Garfish (Garpike) (Belone Belone)

Globefish* (Common Name) applied to several species of fish in: (Order: Tetraodontiformes)

*Globefish contain a concentrated neurotoxin, tetrodotoxin, in their internal organs and sometimes their skin.

Goby (Family: Gobiidae and Oxudercidae)

Goosefish (Family: Lophiidae)

Graysby (Cephalopholis Cruentata)

Greenling (Family: Hexagrammidae)

Griddle (Grinnel) (Amia Calva)





Grouper** (Family: *Serranidae*, Subfamily: *Epinephelinae*)

*Coral Cod, Potato Cod, and Vermilion Rock Cod are Grouper fish (Family: *Serranidae*) misclassified as Cod fish and are unclear.

*Grouper harbor various parasites throughout their bodies including: Cestodes, Copepods, Flatworms, Isopods, Monogeneans, and Nematodes.

*Grouper are commonly reported as a source of Ciguatera Fish Poisoning (CFP).

*Black Sea Bass is classified as a Grouper fish and is clean.



Grunt Sculpin (Grunt-Fish)** (*Rhamphocottus Richardsonii*)

*Grunt Porkfish (*Anisotremus Taeniatatus* and *Anisotremus Virginicus*) are unclear.

*Grunt (Family: *Haemulidae*) are clean.



Guavina (Family: *Eleotridae*, Genus: *Guavina*)

Guitarfish (Family: *Rhinobatidae*)

Gurnard (Family: *Triglidae*)

Hagfish (Family: *Myxiniidae*)

Halibut* (*Paralichthys Olivaceus*) and (Family: *Pleuronectidae*, Genus: *Hippoglossus*)

*Bastard / Japanese Halibut (*Paralichthys Olivaceus*), infected with Mykozoan parasites, have been implicated in cases of gastroenteritis food poisoning.

Hairtail (Family: *Trichiuridae*)

Hairyfish (*Mirapinna Esau*)

Hatchetfish (Family: *Gasteropelecidae*, *Sternoptychidae*, and *Triportheidae*)

Hind* (Family: *Epinephelidae* and *Serranidae*, Genus: *Epinephelus*)

*Hind have been implicated in cases of Ciguatera Fish Poisoning (CFP).

Hogchoker (Hogchoker Sole) (*Trinectes Maculatus*)

Hooknose (*Agonus Cataphractus*)

Houndfish (*Tylosurus Crocodilus*)

Horse Mackerel (Common Name) applied to several species of fish in: (Family: *Carangidae*)

Icefish* (Family: *Channichthyidae* and *Salangidae*)

*Cod Icefish (Family: *Nototherniidae*) are clean.

Jack** (Family: *Carangidae*)

*Jack have been implicated in cases of Ciguatera Fish Poisoning (CFP).

*Amberjack (Family: *Carangidae*, Genus: *Seriola*) are clean.

Jack Crevalle* (*Caranx Hippus*)

*Jack Crevalle have been implicated in cases of Ciguatera Fish Poisoning (CFP).

*Jack Crevalle harbor parasites: *Stephanostomum Ditremitis* and *Bucephalus Varicus*.

Jack Mackerel (Family: *Carangidae*, Genus: *Trachurus*)

Janitor Fish (Family: *Loricariidae*, Genus: *Pterygoplichthys*)

Javelin Fish (*Lepidorhynchus Denticulatus*)

Jellyfish (Phylum: *Snidaria*, Subphylum: *Medusozoa*) are non-fish aquatic gelatinous animals.

Jewfish* (*Epinephelus Itajara* and *Tandanus Tandanus*)

*Jewfish (*Glaucosoma Hebraicum*) are clean.

John Dory (*Zeus Faber*)

Kingfish* (Common Name) applied to several species of fish including: Black Kingfish (*Rachycentron Canadum*), Bluefin Kingfish (*Caranx Melampygus*), Giant Kingfish (*Caranx Ignobilis*), Golden Kingfish (*Gnathanodon Speciosus*), Kingfish (Family: *Lampridae*, Genus: *Lamprus*), and King Mackerel (*Scomberomorus Cavalla*) are unclear.

*Allied Kingfish (*Seriola Dumerili*), Northern Kingfish (*Menticirrhus Saxatilis*) and Southern Kingfish (*Menticirrhus Americanus*) are clean.

Knifefish (Order: *Gymnotiformes*)

Lamprey (Order: *Petromyzontiformes*)

Largehead Largehead Conger (*Bathycongrus Varidens*) and Largehead Hairtail (*Trichiurus Lepturu*.

Lawyer (*Lota Lota*)

Leatherjacket (Leather Jack) (*Oligoplites Saurus*), (Family: *Carangidae* and *Monacanthidae*)

Leatherskin (*Scomberoides Lysan*)

Lemonfish (*Rachycentron Canadum*)

Lightfish (Family: *Sternoptychidae*)

Ling (Family: *Lotidae*, Genus: *Molva*)

Lingcod (Ling Cod) (*Lota Lota* and *Ophiodon Elongatus*)

Lizardfish (Family: *Synodontidae*)





Loach (Superfamily: *Cobitoidea*)

Long Tom (Family: *Belonidae*)

Lookdown (Family: *Carangidae*, Genus: *Selene*)

Lumpfish (Lumpsucker) (Family: *Cyclopteridae*)

Lungfish (Subclass: *Dipnoi*, Order: *Ceretodontiformes* and *Lepidosireniformes*)

Mackerel** (Common Name) applied to several species of fish in: (Family: *Scombridae*)

*Horse and Jack Mackerel (Family: *Carangidae*), Mackerel Scad (*Decapterus Macarellus*), and Snake Mackerel (*Lepidocybium Flavobrunneum*) are unclear.

*Mackerel Pike (Family: *Scomberesocidae*) are clean.

Mariah (Lota Lota)

Marlin (Family: *Istiophoridae*)

Mexican Sierra (*Scomberomorus Sierra*)

Midshipman Fish (Family: *Batrachoididae*, Genus: *Porichthys*)

Mirror Dory (*Zenopsis Nebulosa*)

Mola* (Family: *Molidae*, Genus: *Mola*)

*Mola contain a concentrated neurotoxin, tetrodotoxin, in their internal organs.

*The European Union has banned the sale of Mola, because of toxins in the fish that are harmful to human health.

Monkeyface Prickleback (*Cebidichthys Violaceus*)

Monkfish (Monk Fish) (Family: *Lophiidae*, Genus: *Lophius*)

Moonfish* (Common Name) applied to several species of fish in: (Family: *Carangidae*, *Lampridae*, *Lotidae*, *Menidae*, and *Monodactylidae*)

*Moonfish (Family: *Ephippidae* and *Poeciliidae*) are clean.

Mosquitofish (Mosquito Fish) (*Gambusia Affinis*)

Mudfish (Mud Pike) (*Amia Calva*)

Mudskipper (Family: *Oxudercidae*)

Mutton Hamlet* (Family: *Serranidae*)

*Mutton Snapper (*Lutjanus Analis*) are clean.

Needlefish (Family: *Belonidae*)

Northern Snakehead* (*Channa Argus*)

*The Virginia Department of Inland Game and Fisheries state that Northern Snakehead fish harbor parasites and carry a disease called Epizootic Ulcerative Syndrome and that the Northern Snakehead's parasites and disease can be transmitted to humans.

Nursehound (*Scyliorhinus Stellaris*)

Oarfish (Family: *Regalecidae*, Genus: *Agrostichthys* and *Regalecus*)

Ocean Pout (*Zoarces Americanus*)

Ocean Sunfish** (*Mola Mola*)

*Ocean Sunfish contain a concentrated neurotoxin, tetrodotoxin, in their internal organs.

*The European Union has banned the sale of Ocean Sunfish, because of toxins in the fish that are harmful to human health.

*Sunfish (Family: *Centrarchidae* and *Lapridae*) are clean.

Oilfish* (*Ruvettus Pretiosus* and Family: *Comephoridae*)

*Oilfish (*Ruvettus Pretiosus*) contain oil within their flesh called wax-esters, which the human digestive system cannot digest. Consumption of Oilfish (*Ruvettus Pretiosus*) can cause the sickness known as keriorrhea or steatorrhea, caused by gempylotoxism or gempylid fish poisoning, which turns a person's stool orange. Nausea, vomiting, diarrhea, abdominal cramps and/or headache – all of which can be pretty dramatic – can occur within a few hours of eating the fish and can last up to 24 to 48 hours.

*Italy and Japan have banned the sale of Oilfish (*Ruvettus Pretiosus*).

Opelu (*Decapterus Macarellus*)

Orange Roughy* (*Hoplostethus Atlanticus*)

*The FDA has issued guidelines recommending that pregnant women, nursing mothers, and children limit their intake of Orange Roughy, because of their high mercury content.

Oreo (Family: *Oreosomatidae*)

Pacific Saury (*Cololabis Saira*)

Pacific Sierra (*Scomberomorus Sierra*)

Paddlefish (Family: *Polyodontidae*)

Paiche (Family: *Arapaimidae*, Genus: *Arapaima*)





Palometa* (Family *Carangidae* and *Serrasalminidae*)

*Palometa fish have been implicated in cases of ciguatera food poisoning.

Pearlside (Family: *Sternoptychidae*)

Penis Fish (*Urechis Inicinctus*) is a marine spoon worm.

Peter's Fish (*Zeus Faber*)

Pigfish* (Family: *Cogiopodidae*)

*Pigfish (*Bodianus Unimaculatus* and *Orthopristis Chrysoptera*) are clean.

Pineapple Fish (*Cleidopus Gloriamaris*)

Pinecone fish (Family: *Monocentridae*, Genus: *Cleidopus* and *Monocentris*)

Pipefish (Order: *Syngnathiformes*, Family: *Syngnathinae*)

Pirarucu (*Arapaima Gigas*)

Plaice* (Family: *Pleuronectidae*) a flatfish.

*Plaice harbor various parasites including: Nematodes.

Poacher (Family: *Agonidae*)

Pogge (*Agonus Cataphractus*)

Porcupinefish* (Family: *Diodontidae*)

*Porcupinefish contain a concentrated neurotoxin, tetrodotoxin, in their internal organs and sometimes their skin.

Porpoise (Family: *Phocoenidae*) aquatic marine mammals.

Porkfish* (*Anisotremus Taeniatatus* and *Anisotremus Virginicus*)

*Porkfish have been implicated in cases of Ciguatera Fish Poisoning (CFP).

Prickleback (Family: *Stichaeidae*)

Prodigal Son (*Rachycentron Canadum*)

Prowfish (Family: *Patacidae*)

Puffer (Puffer Fish)* (Common Name) applied to several species of fish in: (Family: *Tetraodontidae*)

*Puffer Fish contain a concentrated neurotoxin, tetrodotoxin, in their internal organs and sometimes their skin.

Queenfish* (*Scomberoides Lysan*)

*Queenfish (*Seriphus Politus*) are clean.

Rabbitfish (Rabbit Fish)* (Order: *Chimaeriformes*)

*Rabbitfish contain toxins that can cause Ichthyosallyeinotoxism – a rare food poisoning that results in upset stomach, vomiting, disturbed sleep, nightmares, and hallucinations.

Racehorse (Family: *Congiopodidae*)

Ratfish (Rat Fish)* (Family: *Chimaeridae*, Genus: *Hydrolagus*)

*Spotted Ratfish (*Hydrolagus Colliei*) contain a toxin in their dorsal fin spines.

Razorfish (*Aeoliscus Strigatus*)

Redfish* (Family: *Trachichthyidae*)

*Redfish (Family: *Berycidae*, *Lutjanidae*, *Salmonidae*, *Sciaenidae*, and *Sebastidae*) are clean.

Red Irish Lord (*Hemilepidotus Hemilepidotus*)

Remora (Family: *Echeneidae*)

Ribbonfish (Family: *Trachipteridae*)

Rockhead (*Bothragonus Swani*)

Rockhind (*Dermatolepis Inermis*)

Rock Salmon* (a shark dish served in Britain aka: Rock Eel, Flack, Huss, and Sweet William)

*Salmon (Family *Gonorynchidae* and *Salmonidae*) are clean.

Roe (Caviar, Fish Eggs)** Unclean Roe is from unclean fish and is typically colored black or gray.

(e.g.: Beluga, Kaluga, Ossetra, Sterlet, and Sturgeon)

*Clean Roe is from clean fish, but is contaminated and made unclean when it is dyed with squid ink to blacken its color. (e.g.: Black Capelin Caviar or Black Herring Caviar)

*Clean Roe is from clean fish and is typically colored gold, orange, or red.

(e.g.: Capelin, Herring, Mullet, Salmon, Trout, and Whitefish)

Roosterfish* (*Lepidorhombus Whiffiagonis*) a flatfish.

*Roosterfish (*Nematistius Pectoralis*) are clean.

Roughy (Family: *Trachichthyidae*)

Sabertooth (Sabertooth Fish) (Family: *Evermannellidae*)

Sailfin* (*Arctoscopus Japonicus* and Family: *Loricariidae*, Genus: *Pterygoplichthys*)

*Sailfin (*Parexocoetus Brachypterus*, *Poecilia Latipinna*, and *Zebrasoma Veliferum*) are clean.

Sailfish (Family: *Istiophoridae*, Genus: *Istiophorus*)





Saint Pierre (St. Pierre) (*Zeus Faber*)

Salmon (Black, Rock)* Black Salmon (*Rachycentron Canadum*) and Rock Salmon, a shark cuisine dish served in Britain.

*Salmon (*Family: Gonorynchidae and Salmonidae*) are clean.

*Greater Amberjack (*Seriola Dumerili*) are sometimes called Rock Salmon and are clean.

Sandburrer (*Family: Creediidae*)

Sand Eel (*Family: Ammodytidae*)

Sandfish (Sand Fish)* (*Awaous Tajasica and Family: Trichodontidae*)

*Belted Sandfish (*Serranus Subligarius*), Clanwilliam Sandfish (*Labeo Seeberi*), and Sandfish (*Family: Gonorynchidae and Leptoscopidae*) are clean.

Sandlance (Sand Lance) (*Family: Ammodytidae*)

Saurel (*Family: Carangidae, Genus: Trachurus*)

Saury (*Family: Scomberesocidae, Genus: Cololabis and Scomberesox*)

Sawfish (*Family: Pristidae, Genus: Anoxypristis and Pristis*)

Sawshark (Saw Shark) (*Family: Pristiophoridae, Genus: Pliotrema and Pristiophorus*)

Scabbardfish (*Family: Trichiuridae*)

Scad (*Common Name*) applied to several species of fish in: (*Family: Carangidae*)

Scorpionfish (*Family: Scorpaenidae*)

Sculpin (*Order: Scorpaeniformes*)

Seadevil (Sea Devil) (*Common Name*) applied to several species of fish in (*Family: Ceratiidae, Lophiidae, Melanocetidae, Mobulidae, and Myliobatidae*)

Seadragon (*Family: Syngnathidae, Genus: Phycodurus and Phyllopteryx*)

Seahorse (*Family: Syngnathidae, Genus: Hippocampus*)

Searaven (Sea Raven) (*Family: Hemitriptidae*)

Searobin (Sea Robin) (*Family: Triglidae*)

Sea Squab (*Family: Tetraodontidae*)

Seaweed (*Common Name*) applied to several species of macroscopic, multicellular, marine algae in: (*Domain: Eukaryota*)

Seer Fish (Seerfish) (*Family: Scombridae*)

Shark* (*Class Chondrichthyes; Subclass Elasmobranchii*)

*Shark Mullet (*Squalomugil Nasutus*) and Chinese High-Fin Banded Shark (*Myxocyprinus Asiaticus*) are called Shark, but not related to Shark, and are clean.

Shellfish* (*Common Name*) applied to exoskeleton-bearing aquatic invertebrates, including various species of crustaceans, echinoderms, and mollusks. (Eg: Clam, Crab, Crawfish, Crayfish, Krill, Lobster, Mussel, Oyster, Scallop, Shrimp)

*Shellfish have been implicated in cases of Amnesic Shellfish Poisoning (ASP), Diarrheal Shellfish Poisoning (DSP), Neurotoxic Shellfish Poisoning (NSP), and Paralytic Shellfish Poisoning (PSP).

Shingle (*Family: Monacanthidae*)

Silverfish (*Common Name*) applied to various small wingless insect species in (*Order Zygentoma*).

Silver Scabbardfish (*Lepidopus Caudatus*)

Sierra (*Scomberomorus Sierra*)

Skate (*Order: Rajiformes*)

Skilfish (*Erilepis Zonifer*)

Skinnyfish (Skinny Fish) (*Scomberoides Lysan*)

Skipjack (Skipjack Tuna)*

*Skipjack have moderate mercury content and are contaminated with Tributyltin (TBT) toxin.

Sleeper (Sleeper Goby) (*Family: Eliotridae, Genus: Gobiidae*)

Slimehead (*Family: Trachichthyidae*)

Snailfish (Sea Snail)* (*Family: Liparidae, Genus: Liparis*)

*Sea Snail (*Class: Gastropoda*) marine Gastropod Molluscs are unclean.

Snakehead* (*Family: Channidae*)

*The Virginia Department of Inland Game and Fisheries issued a warning that Snakehead fish harbor parasites and carry a disease called Epizootic Ulcerative Syndrome and that the parasites and disease can be transmitted to humans.

Sole* (*Family: Pleuronectidae and Soleidae*) a flatfish.

*Sole harbor various parasites including Nematodes.

Spearfish (*Family: Istiophoridae*)



**Spinefoot** (Order: Chimaeriformes)

*Spinefoot contain toxins that can cause Ichthyosarcoidosis – a rare food poisoning that results in upset stomach, vomiting, disturbed sleep, nightmares, and hallucinations.

Spookfish (Order: Chimaeriformes)

Starfish (Sea Stars) (Common Name) applied to several species of marine invertebrate echinoderms in: (Class: Asteroidea and Ophiuroidea)

Starsnout (Family: Agonidae Genus: Bathysargus)

Stonefish (Family: Synanceiidae, Genus: Synanceia)

Spotlight Loosejaw (Family: Stomiidae, Genus: Malacosteus)

Stickleback (Family: Gasterosteidae)

Sturgeon (Family: Acipenseridae)

Suckerfish* (Beaufortia Kweichowensis, Family: Echeneidae and Loricariidae)

*Suckerfish (Family: Catostomidae) are clean.

Sunfish (Sun-Fish)* (Common Name) applied to several species of fish, including (Cetorhinus Maximus, Family: Lampridae and Molidae)

*Sunfish (Lepomis Auritus and Family: Centrarchidae) are clean.

Swai (Pangasius Bocourti)

Swellfish* (Common Name) applied to several species of fish in: (Family: Tetraodontidae)

*Swellfish contain a concentrated neurotoxin, tetrodotoxin, in their internal organs and skin.

Swordfish (Family: Xiphiidae)

Swordfish harbor numerous parasites.

Threadfish (Family: Carangidae, Genus: Alectis)

Tigerfish* (Family: Alestidae, Genus: Hydrocynus)

*Tigerfish harbor Dermestes, its larvae, bacteria infestations, and toxic pesticides when sold.

Tilefish* (Family: Malacanthidae)

*The FDA has issued guidelines recommending that pregnant women, nursing mothers, and children limit their intake of Tilefish, because of their high mercury content.

Toadfish* (Common Name) applied to several species of fish in: (Family: Batrachoididae, Psychrolutidae, and Tetraodontidae)

*Toadfish (Family: Tetraodontidae) contain a concentrated neurotoxin, tetrodotoxin, in their internal organs and sometimes their skin.

*Toad (Order: Anura) amphibians are unclean.

Trevally** (Order: Carangiformes, Family: Carangidae)

*Trevally have been implicated in cases of Ciguatera Fish Poisoning (CFP).

*Trevally harbor various parasites including Acanthocephalans, Copepods, Digeneans, Isopods, Monogeneans, and Nematodes.

*Yellow Trevally (Seriola Dumerili) don't have scutes and are clean.

Triggerfish* (Family: Balistidae)

*Giant / Moustache / Titan Triggerfish (Balistoides Viridescens) and other Triggerfish have been implicated in cases of Ciguatera Fish Poisoning (CFP).

*Triggerfish contain a concentrated neurotoxin, tetrodotoxin, in their internal organs.

*The European Union has banned the sale of Triggerfish.

Tripodfish (Tripod Fish)* (Family: Triacanthidae)

*Tripodfish (Family: Ipnopidae) are clean.

Triplefin (Trianectes Bucephalus)

Triplepine (Family: Triacanthidae)

Trout (Swamp Trout)* (Amia Calva)

*Trout (Family: Salmonidae) are clean.

Trunkfish (Family: Ostraciidae)

Tuna (Tuna Fish, Tuny)* (Family: Scombridae)

*The FDA has issued guidelines recommending that pregnant women, nursing mothers, and children limit their intake of Tuna, because of their high mercury content.

*Tuna harbor various parasites that can cause foodborne illness in humans, marked by intestinal infections that trigger diarrhea, fever, vomiting, and related symptoms. Parasites present in raw Tuna can usually be killed through cooking or freezing Tuna.

*Yellowfin Tuna (Thunnus Albacares) have been implicated in cases of Scombrototoxin Food Poisoning.

*Escolar (Lepidocybium Flavobrunneum) is sometimes sold as White Tuna and is unclean.



Turbot* (Family: *Scophthalmidae*, Genus: *Scophthalmus*)

*Turbot harbor various parasites including: Acanthocephalans and Tapeworms.

Tusk (Torsk) (Family: *Brosme Brosme*)

Ulua (Family: *Caranx Ignobilis*)

Velvetfish* (Family: *Aploactinidae*)

*Some Velvetfish have venomous fin spines.

Viperfish (Family: *Stomiidae*, Genus: *Chauliodus*)

Wahoo (Family: *Acanthocybium Solandri*)

Walu Walu* (Family: *Lepidocybium Flavobrunneum*)

*Walu Walu contain oils within their flesh called wax-esters, which the human digestive system cannot digest. Consumption of Walu Walu can cause the sickness known as keriorrhea or steatorrhea, caused by gempylotoxism or gempylid fish poisoning, which turns a person's stool orange. Nausea, vomiting, diarrhea, abdominal cramps and/or headache – all of which can be pretty dramatic – can occur within a few hours of eating the fish and can last up to 24 to 48 hours.

*Italy and Japan have banned the sale of Walu Walu.

Waspfish* (Family: *Tetrarogidae*)

*Waspfish have venomous fin spines.

Weeverfish (Weever, Weever Fish)* (Family: *Trachinidae*)

*Weeverfish are sometimes used as an ingredient for a cuisine dish: Bouillabaisse.

*Weeverfish have venomous fin spines and gills.

Whale (Infraorder: *Cetacea*) aquatic marine mammals.

Whalefish (Family: *Barbourisiidae*, *Centromimidae*, and *Rondeletiidae*)

White-Blooded Fish (Family: *Channichthyidae*)

Whitefish (White Fish)* (Common Name) applied to several species of fish including: (*Callorhynchus Mili*, *Caulolatilus Princeps*, *Delphinapterus Leucas*, *Huso Huso*, *Hydrolagus Ogilbyi*, *Scomberoides Lysan*, and Family: *Pleuronectidae*, Genus: *Hippoglossus*)

*Whitefish (*Coregonus Clupeaformis*, *Coregonus Huntsmani*, *Coregonus Lavaretus*, *Gadus Morhua*, *Pseudobarbus Capensis*, and *Rutilus Kutum*) are clean.

Wolffish (Wolf Fish) (Family: *Anarhichadidae*, Genera: *Anarhichas* and *Anarrhichthys*)

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