

Seafood Type

What to look for

What to avoid

Fresh Cut Fish (fillets, steaks)



- Firm, elastic flesh
- Translucent color
- Moist appearance
- No scent or mild scent
- Unexpired sell-by date

- Mushy or bruised flesh
- Dull color
- Dry or brown edges
- Strong fishy smell
- Expired sell-by date

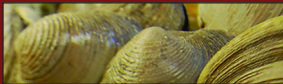
Whole and Dressed Fish



- Bright, shiny eyes
- Bright red gills, if present
- Firm, elastic flesh
- Scales tight to skin
- Mild scent

- Cloudy, sunken eyes
- Pale or gray gills
- Mushy flesh
- Scales dull or missing
- Excess slime on skin
- Strong fishy smell

Live Shellfish (oysters, clams, mussels)



- Tightly closed shells; if open, will shut when tapped
- Moist, intact shells
- Mild scent

- Gaping shells; do not shut when tapped
- Cracked, chipped, dry shells
- Strong fishy smell



For more information,
visit NHSeafood.com
or www.fishwatch.gov.



UNIVERSITY
of NEW HAMPSHIRE
Cooperative Extension

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Scallops



- Free of excess liquid
- Creamy white, light tan or slightly pink color
- Mild scent

- Strong fishy smell
- Shriveled, dry appearance

Shrimp



- Translucent shells
- Grayish-green, tan or pinkish tint
- Moist appearance
- Firm flesh
- Mild scent

- Blackened edges or spots
- Red color along shell edges
- Mushy flesh
- Strong fishy smell

Live Lobster and Crabs



- Movement of legs and eyes

- Dead animals should be discarded



**A Consumers Guide
to Buying Quality
New Hampshire
Seafood**