

Eat the Animalia?

PHYLUM	SUBPHYLUM	CLASS	ORDER or SUBCLASS	FAMILY or SUBORDER	COMMON NAME				
Bilateria	Molluscs	Bivalves			OYSTERS CLAMS MUSSELS SCALLOPS				
					ABALONE CONCH WHELK PERIWINKLE LIMPET				
		Gastropods (univalves)			SNAILS SEA SNAILS				
			Cephalopods	coleoidea			OCTOPUS SQUID CUTTLEFISH		
	Arthropods	Crustaceans	malacostracans	Decapods	CRABS LOBSTERS SHRIMP PRAWNS CRAYFISH				
		Hexapods	Insects	hymenoptera	Bees	HONEYBEES			
	Echinoderms	echinozoa				SEA URCHINS SEA CUCUMBERS			
	Chordates	Vertebrates	Cartilaginous Fishes (chondrichthyes)	elasmobranchii	SHARKS SKATES / RAYS				
					Ray-finned Fishes (actinopterygii)		perciformes	Dolphinfishes	MAHI-MAHI
			STRIPED BASS						
			SEA BASS GROUPEr						
			PERCH WALLEYE						
			SNAPPER						
			LARGEMOUTH BASS BLUEGILL CRAPPIE						
			SWORDFISH						
			TUNAS MACKEREL						
			TILAPIA						
			CHILEAN SEA BASS						
			FLOUNDERS / FLUKE HALIBUT SOLE PLAICE						
			ROUGHIES						
			COD HADDOCK POLLOCK HAKE						
			MONKFISH						
			PIKE						
			SALMON TROUT WHITEFISH CHAR						
			SMELT						CAPELIN
			SARDINES ANCHOVIES						
			SHAD HERRING						
Birds				columbiformes	columbidae	PIGEON / SQUAB			
						OSTRICH EMU CHICKEN TURKEY QUAIL PHEASANT PARTRIDGE			
						GEESE DUCKS			
Mammals				Even-Toed Ungulates (artiodactyla)	Ruminants	CATTLE BISON SHEEP GOATS DEER			
						DEER MOOSE ELK REINDEER			
						PIGS			
						RABBITS			

sustainable seafood ratings
from Monterey Bay Aquarium:
(not all rated fish included here)

ALWAYS OK
NEVER BAD
SOMETIMES BAD
ALWAYS BAD

other recommendations:
GENERALLY OK

poultry and livestock welfare:

NO CAGE FARMS
FEW CAGE FARMS
MANY CAGE FARMS
MOSTLY CAGE FARMS

(reptile and other exotic meat is
rarely farmed sustainably)