

To use your guide: 1. Cut along outer black line
2. Fold on grey lines



**Central
Consumer Guide**
March - August 2024

BEST CHOICES

Arctic char
Bass (farmed from US)
Catfish (farmed from US)
Clams (farmed)
Cod: Pacific (from AK)
Crab: king (from AK)
Mussels (farmed)
Oysters (farmed)
Perch: yellow (from Lake Erie trap net, except from OH)
Salmon (farmed from New Zealand)
Scallops (farmed)
Shrimp (farmed from US)
Smelt: rainbow (from Lake Erie, Lake Huron, Lake Superior, except gillnets)
Squid (from CA)
Swordfish (US buoy gear, harpoon, or pole-&-line)
Tilapia (from Ecuador or Peru)
Trout: lake (from Lake Superior in MN)
Trout: rainbow (farmed from US)
Tuna: albacore/white (troll or pole-&-line)
Tuna: skipjack/chunk light (from Pacific troll or pole-&-line)
Whitefish: lake (from Lake Michigan in WI)

Seafood Watch

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.



Monterey Bay Aquarium

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2023. All rights reserved.

GOOD ALTERNATIVES

Clams (wild from US or Canada)
Cod: Atlantic (from US pole-&-line)
Cod: Pacific (from OR, WA, or Canada)
Lobster: spiny (from US)
Mahi mahi (from US)
Oysters (wild from US)
Salmon: Atlantic (farmed from ME)
Sablefish/black cod (from US)
Sardine (from Japan or Morocco)
Shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
Snapper (from US)
Squid: jumbo (from Chile, China, or Peru)
Swordfish (imported harpoon, troll, pole-&-line; from US gillnet or longline)
Tilapia (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
Trout: lake (from Lake Superior in MI or Canada; from Lake Huron, or Lake Michigan)
Trout: rainbow (from Canada)
Tuna: canned (check label for pole-&-line, troll-caught, FAD-free, or free school)
Tuna: yellowfin/ahi (free school; from US longline; troll or pole-&-line)

Take action

ASK "Do you sell sustainable seafood?" Let businesses know it is important to you.

BUY Best Choices first.

CHOOSE Good Alternatives if you can't find a Best Choice and visit SeafoodWatch.org for the full list.



SeafoodWatch.org

AVOID

Basa/pangasius/swai
Chilean seabass (from Chile)
Cod: Atlantic (gillnet, longline, or trawl)
Crab (from Asia)
Crab: snow (from Canada)
Lobster: American (from US or Canada)
Mahi-mahi (imported)
Octopus
Orange roughy
Salmon (farmed from Canada, Chile, Norway, or Scotland)
Sharks
Shrimp (all other imported options)
Squid (all other imported options)
Swordfish (imported longline)
Tilapia (from China)
Trout: rainbow (from Chile)
Tuna: bluefin
Tuna (from Indian Ocean)
Tuna (all other options)
Whitefish: lake (from Lake Superior from WI, Lake Winnipeg, or Lake Winnepigosis)

Your choices matter

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

Printed on 100% recycled paper, using a process that is 100% carbon neutral.

How to use this guide

Most of our recommendations aren't on this guide and exceptions exist. Visit SeafoodWatch.org for the full list.

Best Choices

Buy first. They're well managed and caught or farmed responsibly.

Good Alternatives

Buy, but be aware there are concerns with how they're caught, farmed or managed.

Avoid

Take a pass on these for now. They're caught or farmed in ways that harm marine life or the environment.