

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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



**Northeast  
Consumer Guide**  
March - August 2024

BLUE  
CRAB

### BEST CHOICES

Bass (farmed from US)  
Bluefish (from US pole-&-line)  
Catfish (farmed from US)  
Clams (farmed)  
Crab: blue (from MD trotline)  
Crab: king (from AK)  
Drum: red (farmed from US)  
Flounder: summer (from US headline)  
Lionfish (from US)  
Mussels (farmed)  
Oysters (farmed)  
Salmon (farmed from New Zealand)  
Scallops (farmed)  
Seaweed (farmed)  
Shrimp (farmed from US)  
Squid (from CA)  
Swordfish (from US buoy gear, harpoon, or pole-&-line)  
Tilapia (from Ecuador or Peru)  
Tilefish: blue (from Atlantic)  
Trout: rainbow (farmed from US)  
Tuna: albacore/white (troll or pole-&-line)  
Tuna: skipjack/chunk light (from Pacific troll or pole-&-line)

### 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

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### GOOD ALTERNATIVES

Clams (wild from US or Canada)  
Cod: Atlantic (from US pole-&-line)  
Crab: blue (from AL, DE, MD, or NJ pot)  
Haddock  
Hake: silver (from US)  
Mahi mahi (from US)  
Monkfish (from US)  
Oysters (wild from US)  
Pollock (from US trawl or pole-&-line; from Canada longline or gillnet)  
Sablefish/black cod (from US)  
Salmon: Atlantic (farmed from ME)  
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: 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

Branzino/seabass (farmed from Mediterranean)  
Chilean seabass (from Chile)  
Cod: Atlantic (gillnet, longline, or trawl)  
Crab (from Asia)  
Crab: Atlantic rock, Jonah (from US or Canada)  
Crab: blue (all other US sources)  
Crab: snow (from Canada)  
Lobster: American (from US or Canada)  
Mahi-mahi (imported)  
Octopus  
Orange roughy  
Pollock (from US gillnet or Canada trawl)  
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)  
Tuna: bluefin  
Tuna (from Indian Ocean)  
Tuna (all other options)

### 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.

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### 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.