

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



SEATTLE
Seafood Watch
 Southeast
 Consumer Guide
 March - August 2024

LIONFISH

BEST CHOICES

Bass (farmed from US)
 Catfish (farmed from US)
 Clams (farmed)
 Cod: Pacific (from AK)
 Crab: blue (from MD trotline)
 Crab: king (from AK)
 Crawfish (farmed from US)
 Lionfish (from US)
 Mullet: striped (from US)
 Mussels (farmed)
 Oysters (farmed)
 Shrimp (farmed from US)
 Snapper: mutton (from US dive or handline)
 Squid (from CA)
 Sturgeon (farmed from US)
 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 (troll or pole-&-line)
 Tuna: skipjack (Pacific troll or pole-&-line)
 Wahoo (from US Atlantic pole-&-line)
 Wreckfish

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)
 Conch (from US)
 Crab: blue (from AL, DE, MD, or NJ pot)
 Crawfish (wild from LA)
 Grouper: red (from US)
 Lobster: spiny (from US)
 Mahi mahi (from US)
 Oysters (wild from US)
 Pompano (from US)
 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)
 Tilefish: blue (from Gulf of Mexico)
 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.

Use these recommendations for popular seafood when dining and shopping.

You can make a difference for our ocean by making responsible seafood choices.

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.

Your choices matter



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

AVOID

Branzino/seabass (farmed from Mediterranean)
 Chilean seabass (from Chile)
 Cod: Atlantic (gillnet, longline, or trawl)
 Conch (imported)
 Crab (from Asia)
 Crab: blue (other US options)
 Crab: snow (from Canada)
 Crab: stone (from FL)
 Crawfish (from China)
 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)

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.