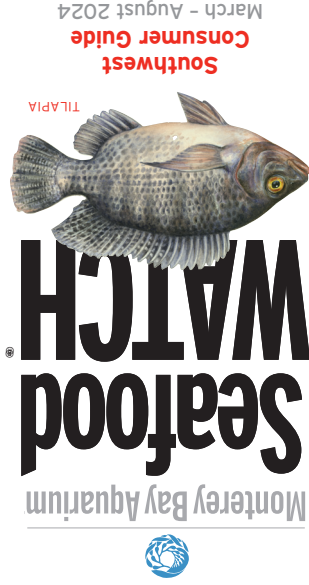


The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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



**BEST CHOICES**

- Arctic char
- Bass (farmed from US)
- Catfish (farmed from US)
- Clams (farmed)
- Cod: Pacific (from AK)
- Crab: king (from AK)
- Lionfish (from US)
- Lobster: spiny (from Mexico)
- Mussels (farmed)
- Oysters (farmed)
- Rockfish (from US)
- Salmon (farmed from New Zealand)
- Scallops (farmed)
- Seaweed (farmed)
- Shrimp (farmed from US)
- Sole (from US)
- Squid (from CA)
- Swordfish (from US buoy gear, harpoon, or pole-&-line)
- Tilapia (from Ecuador or Peru)
- Trout: rainbow (farmed from US)
- Tuna: albacore/white (troll or pole-&-line)
- Tuna: skipjack/chunk light (Pacific troll or pole-&-line)

**GOOD ALTERNATIVES**

- Clams (wild from US or Canada)
- Cod: Pacific (from OR, WA, or Canada)
- Crab: southern king (from Argentina)
- Lobster: spiny (from US)
- Mahi mahi (from US)
- Oysters (wild from US)
- Sablefish/black cod (from US)
- Salmon (from CA, OR, or WA)
- 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: bigeye (from HI)
- 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)

**AVOID**

- Basa/pangasius/swai
- Branzino/seabass (farmed from Mediterranean)
- 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)

**How to use this guide**

Most of our recommendations aren't on this guide and exceptions exist. Visit [SeafoodWatch.org](http://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.

**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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**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](http://SeafoodWatch.org) for the full list.

Use these recommendations for popular seafood when dining and shopping.



[SeafoodWatch.org](http://SeafoodWatch.org)

**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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