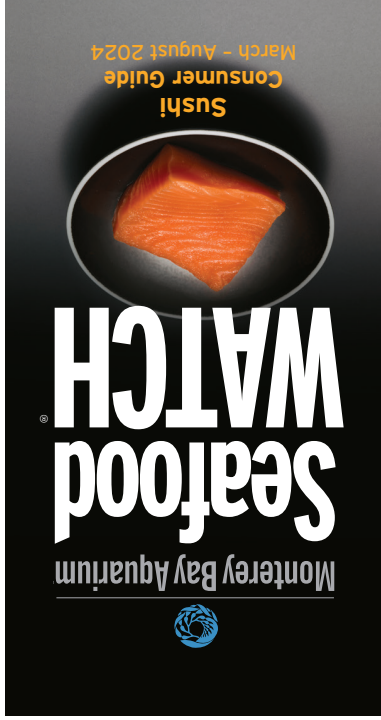


The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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




BEST CHOICES
<p>Amadai/blue tilefish (from Atlantic) Awabi/abalone (farmed) Bincho/albacore tuna (troll or pole-&-line) Ebi/shrimp (farmed from US) Hiramasa/yellowtail (from US pole-&-line or Mexico) Hotate/scallops (farmed) Ika/squid (from CA) Ikura/salmon roe (farmed from New Zealand) Iwana/arctic char Izumidai/tilapia (from Ecuador or Peru) Kaki/oysters (farmed) Katsuo/skipjack tuna (from Pacific troll or pole-&-line) Muurugai/mussels (farmed) Nori/seaweed (farmed) Sake/salmon (from New Zealand) Sawara/king mackerel (from US) Suzuki/bass (farmed from US) Uni/green sea urchin (from Canada Pacific)</p>

GOOD ALTERNATIVES
<p>Amaebi/spot prawn Bincho/albacore tuna (from US longline) Ebi/shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand) Gindara/sablefish (wild from Canada) Hiramasa/yellowtail (US gillnet) Hotate/scallops (wild) Ika/jumbo squid (from Chile, China, or Peru) Kani/Dungeness crab Kanikama/surimi/pollock (from US trawl or pole-&-line; from Canada longline or gillnet) Katsuo/skipjack tuna (free school; from US longline; imported troll or pole-&-line) Maguro/yellowfin tuna (free school; from US longline; troll or pole-&-line) Niji-masu/rainbow trout (from Canada) Sake/Atlantic salmon (farmed from ME or Faroe Islands) Sake/salmon (from CA, OR, or WA) Uni/red sea urchin (from CA)</p>

AVOID
<p>Buri/hamachi/hiromasa/yellowtail (farmed from Japan) Ebi/shrimp (all other imported options) Hon maguro/bluefin tuna Ika/squid (all other imported options) Iwashi/Atlantic sardines (from Mediterranean) Izumidia/tilapia (from China) Kani/crab (from Asia) Kani/snow crab (from Canada) Kanikama/surimi/pollock (from US gillnet or Canada trawl) Sake/salmon (farmed from Canada, Chile, Norway, or Scotland) Tako/octopus Tuna (from Indian Ocean) Tuna (all other options) Unagi/eel Uni/green sea urchin (from ME)</p>

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.




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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 for the full list.



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.

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.