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.

Monterey Bay Aquarium Seafood Watch*

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BEST CHOICES

Arctic char Bass (farmed from US) Catfish (farmed from US) Clams (farmed) Cod: Pacific (from AK) Crab: king (from AK) Lingcod (from CA, OR, or WA) Mussels (farmed) Ovsters (farmed)

Rockfish (from US)

Salmon (farmed from New Zealand)

Sanddab (from US) Scallops (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 (troll or pole-&-line) Tuna: skipjack (Pacific troll or pole-&-line)

GOOD ALTERNATIVES

Clams (wild from US or Canada) Cod: Pacific (from OR, WA, or Canada) Lingcod (from AK or Canada) Lobster: spiny (from US) Mahi mahi (from US) Oysters (wild from US) Pollock (from US trawl or pole-&-line; from Canada longline or gillnet) 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) Tuna: bigeye (from HI) Tuna: canned (check label for pole-&-line, troll-caught, FAD-free, or free school) Tuna: vellowfin/ahi (free school:

AVOID

Basa/pangasius/swai Branzino/seabass (farmed from Mediterranean) Chilean seabass (from Chile) Crab (from Asia) 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)

Trout: rainbow (from Chile)

Tuna (from Indian Ocean)

Tuna (all other options)

Tuna: bluefin

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

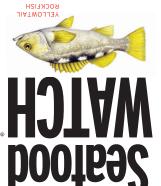
Buy, but be aware there are concerns with how they're caught, farmed or managed.

Avoid

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

March - August 2024

Consumer Guide West Coast



Monterey Bay Aquarium



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from US longline; troll or pole-&-line)





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Seafood Watch

Seatood Watch.org







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

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

BUY Best Choices first.

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

Take action

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

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Your choices matter