

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



West Coast
Consumer Guide
March - August 2024



YELLOWTAIL
ROCKFISH

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)
Oysters (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)

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: 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)
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: 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

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: 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.