

BEST CHOICES
Abalone (farmed)
Arctic Char (farmed)
Barramundi (US & Vietnam farmed)
Bass: Striped (US hook and line, farmed)
Catfish (US)
Clams, Mussels & Oysters
Cod: Pacific (AK)
Crab: King, Snow & Tanner (AK)
Lionfish (US)
Lobster: Spiny (Mexico)
Prawn: Freshwater (Canada & US)
Prawn: Spot (AK & Canada)
Rockfish (AK, CA, OR & WA)
Sablefish/Black Cod (Canada farmed & AK)
Salmon (AK & New Zealand)
Sanddab (CA, OR & WA)
Scallops (farmed)
Shrimp (US farmed & AK)
Tilapia (Canada, Ecuador, Peru & US)
Trout: Rainbow (US farmed)
Tuna: Albacore (troll, pole and line)
Tuna: Skipjack (Pacific troll, pole and line)

GOOD ALTERNATIVES
Branzino (Mediterranean farmed)
Cod: Atlantic (handline)
Cod: Pacific (Canada & US)
Crab: Dungeness (Canada & US)
Grouper: Black & Red (US)
Lobster (Bahamas, Canada & US)
Mahi Mahi (Ecuador & US longline)
Monkfish (US)
Octopus (Portugal & Spain pot, trap)
Pollock (Canada longline, gillnet & US)
Salmon: Atlantic (ME farmed)
Scallops: Sea (wild)
Shrimp (Canada & US wild, Ecuador & Honduras farmed)
Squid (Chile, Mexico, Peru & US)
Swordfish (US)
Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)
Tuna: Albacore (US longline)
Tuna: Skipjack (free school, imported troll, pole and line, and US longline)
Tuna: Yellowfin (free school, troll, pole and line, US longline)

AVOID
Abalone (China & Japan)
Basa/Pangasius/Swai
Cod: Atlantic (Canada & US)
Cod: Pacific (Japan & Russia)
Crab (Asia & Russia)
Halibut: Atlantic (wild)
Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
Mahi Mahi (imported)
Orange Roughy
Pollock (Canada trawl)
Salmon: Atlantic (farmed)
Sardines: Atlantic (Mediterranean)
Sharks
Shrimp (imported)
Squid (China, India & Thailand)
Swordfish (imported longline)
Tuna: Albacore (imported except troll, pole and line)
Tuna: Bluefin
Tuna: Skipjack (imported purse seine)
Tuna: Yellowfin (longline except US)

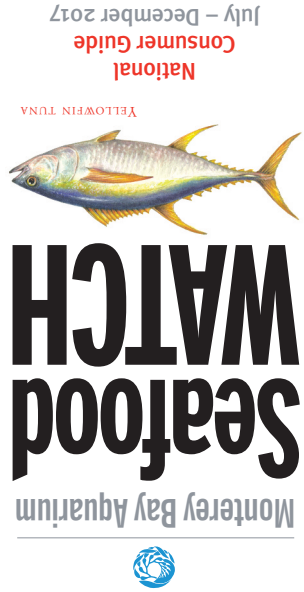
Many seafood items appear in more than one column. Please be sure to check them all.

**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 or farmed.

**Avoid**  
Take a pass on these for now, they're overfished or caught or farmed in ways that harm other marine life or the environment.

This guide includes some of our recommendations for popular seafood. **For the full list, visit us online or download our app.**



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- Stay Connected**
- Download our free app
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  - Visit [seafoodwatch.org](http://seafoodwatch.org)

**Take Action**

Be part of the solution and make a difference for our ocean: **ASK** "Do you sell sustainable seafood?" Let businesses know this is important to you.

**BUY** Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.

**CHOOSE** Seafood Watch partners from our app or website when dining and shopping.

**Your Choices Matter**

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Purchase seafood caught or farmed in ways that support a healthy ocean—now and for future generations.

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