

BEST CHOICES

Abalone (farmed)
 Arctic Char (farmed)
 Barramundi (US & Vietnam farmed)
 Bass (US hooks and lines, farmed)
 Catfish (US)
 Clams, Cockles, Mussels
 Cod: Pacific (AK)
 Crab: King, Snow & Tanner (AK)
 Lionfish (US)
 Lobster: Spiny (Mexico)
 Oysters (farmed & Canada)
 Prawn (Canada & US)
 Rockfish (AK, CA, OR & WA)
 Sablefish/Black Cod (AK)
 Salmon (New Zealand)
 Sanddab (CA, OR & WA)
 Scallops (farmed)
 Shrimp (US farmed)
 Squid (US)
 Tilapia (Canada, Ecuador, Peru & US)
 Trout (US farmed)
 Tuna: Albacore (trolls, pole and lines)
 Tuna: Skipjack (Pacific trolls, pole and lines)

GOOD ALTERNATIVES

Cod: Atlantic (handlines, pole and lines)
 Cod: Pacific (Canada & US)
 Lobster: Spiny (Bahamas & US)
 Mahi Mahi (Ecuador & US longlines)
 Monkfish (US)
 Octopus (Canada, Portugal & Spain pots and traps, HI)
 Oysters (US wild)
 Pollock (Canada longlines, gillnets & US)
 Salmon: Atlantic (BC & ME farmed)
 Salmon (CA, OR & WA)
 Scallops: Sea (wild)
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Squid (Chile, Mexico & Peru)
 Swordfish (US)
 Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
 Trout (Canada & Chile farmed)
 Tuna: Albacore (US longlines)
 Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
 Tuna: Yellowfin (free school, trolls, pole and lines, US longlines)

AVOID

Basa/Pangasius/Swai
 Cod: Atlantic (gillnet, longline, trawl)
 Cod: Pacific (Japan & Russia)
 Crab (Argentina, Asia & Russia)
 Halibut: Atlantic (wild)
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
 Mahi Mahi (imported)
 Orange Roughy
 Octopus (other imported sources)
 Pollock (Canada trawls & Russia)
 Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Sardines: Atlantic (Mediterranean)
 Sharks
 Shrimp (other imported sources)
 Squid (Argentina, China, India & Thailand)
 Swordfish (imported longlines)
 Tilapia (China)
 Tuna: Albacore (imported except trolls, pole and lines)
 Tuna: Bluefin
 Tuna: Skipjack (imported purse seines)
 Tuna: Yellowfin (longlines except US)

How to Use This Guide

Most of our recommendations, including all **eco-certifications**, aren't on this guide. Be sure to check our app 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 overfished, lack strong management or are caught or farmed in ways that harm other marine life or the environment.

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



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Monterey Bay Aquarium



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.

Seafood Watch

SeafoodWatch.org



ASK "Are you a Seafood Watch partner?" Let businesses know responsible seafood is important to you.

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

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

DOWNLOAD Our free app.

Take Action

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

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. **For the full list, visit us online or download our free app.**

Your Choices Matter