

# Monterey Bay Aquarium Seafood Watch®

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.

## BEST CHOICES

Amaebi/Spot Prawn (AK & Canada)  
 Awabi/Abalone (farmed)  
 Bincho/Albacore Tuna (trolls, pole and lines)  
 Ebi/Prawn: Freshwater (Canada & US)  
 Ebi/Shrimp (US farmed)  
 Gindara/Sablefish (AK)  
 Hiramasa/Yellowtail (Mexico & US hooks and lines)  
 Ikura/Salmon Roe (New Zealand)  
 Iwana/Arctic Char (farmed)  
 Izumidai/Tilapia (Canada, Ecuador, Peru & US)  
 Kani/Crab: King (AK)  
 Katsuo/Skipjack Tuna (Pacific trolls, pole and lines)  
 Nori/Seaweed (farmed)  
 Saba/Atlantic Mackerel (Canada)  
 Sake/Salmon (New Zealand)  
 Sawara/King Mackerel (US)  
 Suzuki/Bass (US hooks and lines, farmed)  
 Uni/Sea Urchin (Canada Pacific)  
 Zuwaigani/Crab: Snow (AK)

## GOOD ALTERNATIVES

Amaebi/Spot Prawn (CA & WA)  
 Bincho/Albacore Tuna (US longlines)  
 Ebi/Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
 Gindara/Sablefish (Canada wild)  
 Hiramasa/Yellowtail (US gillnets)  
 Hotate/Scallops: Sea (wild)  
 Izumidai/Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)  
 Kanikama/Surimi/Pollock (Canada longlines, gillnets & US)  
 Katsuo/Skipjack Tuna (free school, imported trolls, pole and lines, US longlines)  
 Kodai/Tai/New Zealand Snapper  
 Maguro/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)  
 Niji-masu/Trout: Rainbow/Steelhead (Chile farmed)  
 Saba/Atlantic Mackerel (US)  
 Sake/Salmon (Canada Pacific & US)  
 Tako/Octopus (Canada, Portugal & Spain pots and traps, HI)  
 Uni/Red Sea Urchin (CA)

## AVOID

Bincho/Albacore Tuna (imported except trolls, pole and lines)  
 Buri/Hamachi/Hiramasa/Yellowtail (Australia & Japan farmed)  
 Ebi/Shrimp (other imported sources)  
 Hon Maguro/Bluefin Tuna  
 Iwashi/Atlantic Sardines (Mediterranean)  
 Kani/Crab (Argentina, Asia & Russia)  
 Kanikama/Surimi/Pollock (Russia)  
 Katsuo/Skipjack Tuna (imported purse seines)  
 Kuromaguro/Bluefin Tuna  
 Maguro/Yellowfin Tuna (longlines except US)  
 Sake/Salmon (Canada Atlantic, Chile, Norway & Scotland)  
 Tako/Common Octopus (other imported)  
 Unagi/Eel  
 Uni/Green Sea Urchin (ME)

## How to Use This Guide

Many seafood items appear in more than one column. Please be sure to check them all—beginning with Best Choices.

### 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

January - June 2019  
 Consumer Guide  
 Sushi



Monterey Bay Aquarium  
**Seafood**  
**WATCH**



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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 options found on our app and website.

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

**DOWNLOAD** Our free app.

Take Action

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