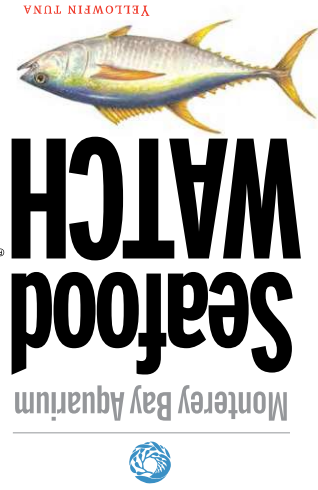


The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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



National Consumer Guide
Sept. 2022 - Feb. 2023

- BEST CHOICES**
- Abalone (farmed)
 - Arctic char (farmed)
 - Bass (US farmed)
 - Catfish (US)
 - Clams (farmed)
 - Cockles
 - Cod: Pacific (Alaska)
 - Crab: King, Snow, & Tanner (Alaska)
 - Lionfish (US)
 - Mussels (farmed)
 - Oysters (farmed)
 - Rockfish (Alaska, California, Oregon, & Washington)
 - Sablefish/Black cod (Alaska)
 - Salmon (New Zealand)
 - Sanddab (California, Oregon, & Washington)
 - Scallops (farmed)
 - Shrimp (US farmed)
 - Squid (CA)
 - Sturgeon (US farmed)
 - Swordfish (handlines, harpoons)
 - Tilapia (Canada, Ecuador, Peru, & US)
 - Trout (US farmed)
 - Tuna: Albacore (trolls, pole and lines)
 - Tuna: Skipjack (Pacific trolls, pole and lines)

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 (US & Canada wild)
 - Cod: Atlantic (handlines, pole and lines)
 - Cod: Pacific (Canada & US)
 - Crab: Southern king (Argentina)
 - Lobster: Spiny (US)
 - Mahi-mahi (US)
 - Monkfish (US)
 - Oysters (US wild)
 - Pollock (Canada longlines, gillnets, & US)
 - Salmon: Atlantic (Faroe Islands & Maine farmed)
 - Salmon (California, Oregon, & Washington)
 - Scallops: Sea (wild)
 - Shrimp (Canada & US wild, Ecuador, Honduras, & Thailand farmed)
 - Squid: Jumbo (Chile, China, & Peru)
 - Swordfish (US, trolls)
 - 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)

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.

Use these recommendations for popular seafood when dining and shopping.



SeafoodWatch.org

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

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.