

BEST CHOICES

Arctic Char (farmed)
 Barramundi (US & Vietnam farmed)
 Bass (US hooks and lines, farmed)
 Catfish (US)
 Clams, Mussels & Oysters
 Cod: Pacific (AK)
 Crab: King, Snow & Tanner (AK)
 Perch: Yellow (Lake Erie trap nets, except Ohio)
 Prawn (Canada & US)
 Rockfish (AK, CA, OR & WA)
 Salmon (New Zealand)
 Sardines: Pacific (Canada & US)
 Scallops (farmed)
 Shrimp (US farmed & AK)
 Smelt: Rainbow (Lakes Erie, Huron, Superior, except gillnets)
 Tilapia (Canada, Ecuador, Peru & US)
 Trout: Lake (Lake Superior, MI)
 Trout: Rainbow/Steelhead (US farmed)
 Tuna: Albacore (trolls, pole and lines)
 Tuna: Skipjack (Pacific trolls, pole and lines)
 Whitefish: Lake (Lake Michigan, WI)

GOOD ALTERNATIVES

Branzino (Mediterranean farmed)
 Cod: Pacific (Canada & US)
 Crab: Dungeness (Canada & US)
 Lobster (Bahamas & US)
 Mahi Mahi (Ecuador & US longlines)
 Salmon (Canada Pacific & US)
 Scallops: Sea (wild)
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Squid (Chile, Mexico, Peru & US)
 Swordfish (US)
 Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)
 Trout: Lake (Lakes Huron, Michigan & Superior, Canada, MI & WI)
 Trout: Rainbow/Steelhead (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)
 Whitefish: Lake (Lakes Erie, Huron, Ontario, Michigan (except WI) & Superior, Canada & MI)

AVOID

Basa/Pangasius/Swai
 Cod: Pacific (Japan & Russia)
 Crab (Argentina, Asia & Russia)
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
 Mahi Mahi (imported)
 Octopus: Common (Portugal & Spain trawls, Mexico)
 Orange Roughy
 Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Sardines: Atlantic (Mediterranean)
 Sharks
 Shrimp (other imported sources)
 Squid (Argentina, China, India & Thailand)
 Swordfish (imported longlines)
 Tuna: Albacore (imported except trolls, pole and lines)
 Tuna: Bluefin
 Tuna: Skipjack (imported purse seines)
 Tuna: Yellowfin (longlines except US)
 Whitefish: Lake (Lake Superior, WI & Lake Winnipeg)

How to Use This Guide

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.

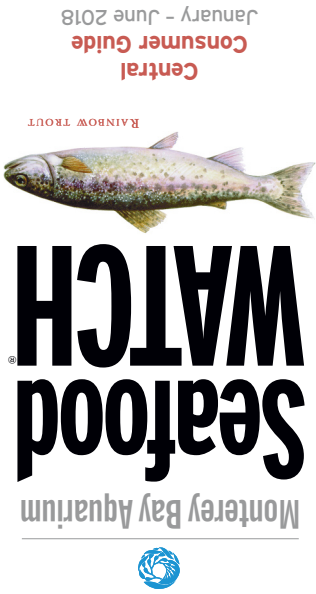
Good Alternatives

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.

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



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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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Take Action

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.

SeafoodWatch.org



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