

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

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

GOOD ALTERNATIVES

Branzino (Mediterranean farmed)
 Cod: Atlantic (handlines)
 Cod: Pacific (Canada & US)
 Crab: Dungeness (Canada & US)
 Grouper: Black & Red (US)
 Lobster: Spiny (Bahamas & US)
 Mahi Mahi (Ecuador & US longlines)
 Monkfish (US)
 Octopus (Portugal & Spain pots)
 Pollock (Canada longlines, gillnets & US)
 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: 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)

AVOID

Basa/Pangasius/Swai
 Cod: Atlantic (Canada & US)
 Cod: Pacific (Japan & Russia)
 Crab (Argentina, Asia & Russia)
 Halibut: Atlantic (wild)
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
 Mahi Mahi (imported)
 Orange Roughy
 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)
 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

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, 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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 Consumer Guide
 National

YELLOWFIN TUNA



Seafood
 Watch®

Monterey Bay Aquarium



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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

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