

# 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

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)  
 Scallops (farmed)  
 Seaweed (farmed)  
 Shrimp (US farmed)  
 Sole (US)  
 Tilapia (Canada, Ecuador, Peru & US)  
 Trout: Rainbow/Steelhead (US farmed)  
 Tuna: Albacore (trolls, pole and lines)  
 Tuna: Skipjack (Pacific trolls, pole and lines)

## GOOD ALTERNATIVES

Branzino (Mediterranean farmed)  
 Cod: Pacific (Canada & US)  
 Lobster: Spiny (Bahamas & US)  
 Mahi Mahi (Ecuador & US longlines)  
 Octopus (Canada, Portugal & Spain pots and traps, HI)  
 Oysters (US wild)  
 Sablefish/Black Cod (Canada wild)  
 Salmon (Canada Pacific & US)  
 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: Pacific (Japan & Russia)  
 Crab (Argentina, Asia & Russia)  
 Halibut: Atlantic (wild)  
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)  
 Mahi Mahi (imported)  
 Octopus (other imported sources)  
 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)

## 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.

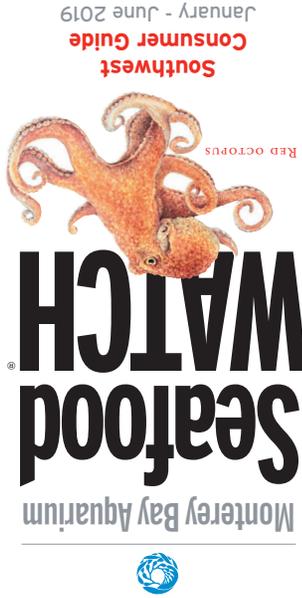
### Good Alternatives

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



Southwest  
 Consumer Guide  
 January - June 2019

## 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 for popular seafood when dining and shopping. For

**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 dining and shopping. For

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