

# 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 hook and line, farmed)  
 Catfish (US)  
 Clams, Mussels & Oysters  
 Cod: Pacific (AK)  
 Crab: King, Snow & Tanner (AK)  
 Lionfish (US)  
 Lobster: Spiny (Mexico)  
 Prawn: Freshwater (Canada & US)  
 Prawn: Spot (AK & Canada)  
 Rockfish (AK, CA, OR & WA)  
 Sablefish/Black Cod (Canada farmed & AK)  
 Salmon (AK & New Zealand)  
 Sardines: Pacific (Canada & US)  
 Scallops (farmed)  
 Seaweed (farmed)  
 Shrimp (US farmed & AK)  
 Sole (US)  
 Tilapia (Canada, Ecuador & US)  
 Trout: Rainbow (US farmed)  
 Tuna: Albacore (troll, pole and line)  
 Tuna: Skipjack (Pacific troll, pole and line)

## GOOD ALTERNATIVES

Branzino (Mediterranean farmed)  
 Cod: Pacific (Canada & US)  
 Crab: Dungeness (Canada & US)  
 Lobster (Bahamas & US)  
 Mahi Mahi (Ecuador & US longline)  
 Octopus (Portugal & Spain pot, trap)  
 Sablefish/Black Cod (Canada wild)  
 Salmon (Canada, CA, OR & WA wild)  
 Scallops: Sea (wild)  
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
 Squid (Chile, Mexico, Peru & US)  
 Swordfish (US)  
 Tilapia (China, Indonesia, Mexico & Taiwan)  
 Tuna: Albacore (US longline)  
 Tuna: Skipjack (free school, imported troll, pole and line, and US longline)  
 Tuna: Yellowfin (free school, HI longline, and Pacific & Indian Ocean troll, pole and line)

## AVOID

Basa/Pangasius/Swai  
 Cod: Pacific (Japan & Russia)  
 Crab (Asia & Russia)  
 Halibut: Atlantic (wild)  
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)  
 Mahi Mahi (imported)  
 Octopus: Common (Portugal & Spain trawl, Mexico)  
 Orange Roughy  
 Salmon: Atlantic (farmed)  
 Sardines: Atlantic (Mediterranean)  
 Sharks  
 Shrimp (imported)  
 Squid (China, India & Thailand)  
 Swordfish (imported longline)  
 Tuna: Albacore (except troll, pole and line, and US longline)  
 Tuna: Bluefin  
 Tuna: Skipjack (imported purse seine)  
 Tuna: Yellowfin (Atlantic troll, pole and line)

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

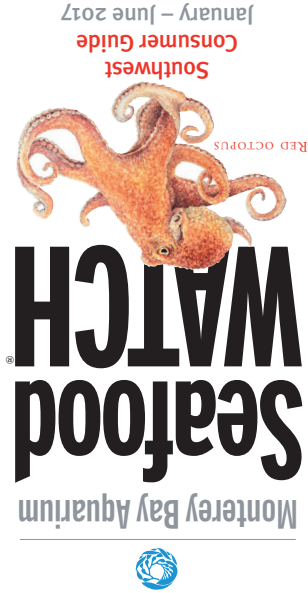
Buy, but be aware there are concerns with how they're caught or farmed.

### 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.

This guide includes some of our recommendations for popular seafood. **For the full list, visit us online or download our app.**

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



Monterey Bay Aquarium



The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2017. All rights reserved. Printed on recycled paper.

- Download our free app
- Follow us on Facebook, Instagram and Twitter
- Sign up for our e-news
- Visit [seafoodwatch.org](http://seafoodwatch.org)

Stay Connected

Be part of the solution and make a difference for our ocean: **ASK** "Do you sell sustainable seafood?" Let businesses know this 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.

Take Action

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Purchase seafood caught or farmed in ways that support a healthy ocean—now and for future generations.

Your Choices Matter