

BEST CHOICES

Amaebi/Spot Prawn (AK & Canada)
 Awabi/Abalone (farmed)
 Bincho/Albacore Tuna (trolls, pole and lines)
 Ebi/Prawn: Freshwater (Canada & US)
 Ebi/Shrimp (US farmed & AK)
 Gindara/Sablefish (AK)
 Hiramasa/Yellowtail (Mexico & US hooks and lines)
 Ikura/Salmon Roe (New Zealand)
 Iwana/Arctic Char (farmed)
 Izumidai/Tilapia (Canada, Ecuador, Peru & US)
 Kani/Crab: King (AK)
 Katsuo/Skipjack Tuna (Pacific trolls, pole and lines)
 Nori/Seaweed (farmed)
 Saba/Atlantic Mackerel (Canada)
 Sake/Salmon (New Zealand)
 Sawara/King Mackerel (US)
 Suzuki/Bass (US hooks and lines, farmed)
 Uni/Sea Urchin (Canada)
 Zuwaigani/Crab: Snow (AK)

GOOD ALTERNATIVES

Amaebi/Spot Prawn (CA & WA)
 Bincho/Albacore Tuna (US longlines)
 Ebi/Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Gindara/Sablefish (Canada wild)
 Hiramasa/Yellowtail (US gillnets)
 Hotate/Scallops: Sea (wild)
 Izumidai/Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)
 Kani/Crab: Dungeness (Canada & US)
 Kanikama/Surimi/Pollock (Canada longlines, gillnets & US)
 Katsuo/Skipjack Tuna (free school, imported trolls, pole and lines, US longlines)
 Kodai/Tai/New Zealand Snapper
 Maguro/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)
 Niji-masu/Trout: Rainbow/Steelhead (Chile farmed)
 Saba/Atlantic Mackerel (US)
 Sake/Salmon (Canada Pacific & US)
 Tako/Octopus (Portugal & Spain pots)
 Uni/Red Sea Urchin (CA)

AVOID

Awabi/Abalone (China & Japan)
 Bincho/Albacore Tuna (imported except trolls, pole and lines)
 Buri/Hamachi/Hiramasa/Yellowtail (Australia & Japan farmed)
 Ebi/Shrimp (other imported sources)
 Hon Maguro/Bluefin Tuna
 Iwashi/Atlantic Sardines (Mediterranean)
 Izumidai/Tilapia (Colombia)
 Kani/Crab (Argentina, Asia & Russia)
 Kanikama/Surimi/Pollock (Canada trawls & Russia)
 Katsuo/Skipjack Tuna (imported purse seines)
 Kuromaguro/Bluefin Tuna
 Maguro/Yellowfin Tuna (longlines except US)
 Sake/Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Tako/Common Octopus (Portugal & Spain trawls, Mexico)
 Unagi/Eel
 Uni/Green Sea Urchin (ME)

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.

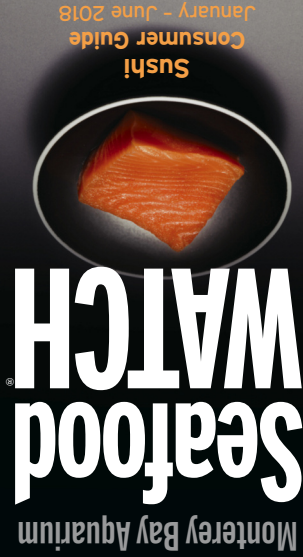
Good Alternatives

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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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

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.**