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 pocket guide with you and share it with others to help spread the word.

BEST CHOICES

Abalone
Arctic Char (farmed)
Bass: Striped (US hook & line, farmed)
Catfish (US)
Clams, Mussels, Oysters
Cod: Atlantic (imported hook & line)
Crab: Dungeness & Stone (US)
Croaker: Atlantic (non-trawl)
Halibut (US Pacific)
Mahi Mahi (US Atlantic troll, pole)
Salmon (AK)
Scallops (farmed)
Sea Bass: Black (US Atlantic traps)
Squid: Longfin (US)
Swordfish (Canada & US harpoon, troll, pole)
Tilapia (Ecuador & US)
Trout: Rainbow (US farmed)
Tuna: Albacore/White canned (Canada & US troll, pole)
Tuna: Skipjack/Light canned (FAD-free, US troll, pole)
Tuna: Yellowfin (US troll, pole)

GOOD ALTERNATIVES

Bluefish (US)
Cod: Atlantic (Georges Bank troll, pole and imported)
Crab: Blue & King (US)
Flounders, Soles (US)
Haddock (Georges Bank)
Hake (US)
Lobster (Bahamas & US)
Mahi Mahi (Ecuador & US)
Monkfish (US)
Pollock (US)
Scallops (wild)
Shrimp (Canada & US wild)
Snapper: Red (US)
Squid (US)
Swordfish (US)
Tilapia (China & Taiwan)
Tuna: Albacore/White canned (US longline)
Tuna: Skipjack/Light canned (imported troll, pole and US longline)
Tuna: Yellowfin (imported troll, pole and US longline)

AVOID

Abalone (China & Japan)
Cod: Atlantic (Canada & US)
Crab: Red King (Russia)
Haddock (Gulf of Maine)
Halibut: Atlantic (US)
Mahi Mahi (imported)
Orange Roughy
Salmon: Atlantic (farmed)
Sea Bass: Black (US Mid-Atlantic)
Sharks
Shrimp (imported farmed)
Shrimp (LA & Mexico wild)
Squid (imported)
Swordfish (imported)
Tuna: Albacore/White canned (except Canada & US troll, pole and US longline)
Tuna: Bluefin
Tuna: Skipjack/Light canned (imported longline and purse seine)
Tuna: Yellowfin (except troll, pole and US longline)

This guide has a limited number of seafood items due to its size. For a full list of our recommendations please visit us online or download the app.

Check every column, your favorite seafood could be in more than one.

Best Choices
Well managed, caught or farmed in environmentally responsible ways.

Good Alternatives
Some concerns with how they are caught or farmed.

Avoid
Overfished, or strong concerns with how they are caught or farmed.

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

Your Choices Matter

Worldwide, the demand for seafood is increasing; yet many of the fish we enjoy are in trouble due to overfishing or destructive fishing and farming practices.

Purchase fish caught or farmed using environmentally responsible practices to support healthy, abundant oceans.

Take Action

Support ocean-friendly seafood in three easy steps:

1. ASK: "Do you sell sustainable seafood?" Let businesses know this is important to you.

2. BUY: From our Best Choices list. If not available, choose from the Good Alternatives list.

3. LOOK: For the Marine Stewardship Council blue eco-label in stores and restaurants.

Stay Connected

- Visit seafoodwatch.org
- Download our free app
- Join us on Facebook and Twitter

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Seafood WATCH®

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