

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 & Oysters
 Cod: Pacific (AK)
 Crab: King, Snow & Tanner (AK)
 Perch: Yellow (Lake Erie trap nets, except Ohio)
 Prawn (Canada & US)
 Rockfish (AK, CA, OR & WA)
 Salmon (New Zealand)
 Scallops (farmed)
 Shrimp (US farmed)
 Smelt: Rainbow (Lakes Erie, Huron, Superior, except gillnets)
 Tilapia (Canada, Ecuador, Peru & US)
 Trout: Lake (Lake Superior, MI)
 Trout: Rainbow/Steelhead (US farmed)
 Tuna: Albacore (trolls, pole and lines)
 Tuna: Skipjack (Pacific trolls, pole and lines)
 Whitefish: Lake (Lake Michigan, WI)

GOOD ALTERNATIVES

Branzino (Mediterranean farmed)
 Cod: Pacific (Canada & US)
 Crab: Dungeness (Canada & US)
 Lobster: Spiny (Bahamas & US)
 Mahi Mahi (Ecuador & US longlines)
 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: Lake (Lakes Huron, Michigan & Superior, Canada, MI & WI)
 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)
 Whitefish: Lake (Lakes Erie, Huron, Ontario, Michigan (except WI) & Superior, Canada & MI)

AVOID

Basa/Pangasius/Swai
 Cod: Pacific (Japan & Russia)
 Crab (Argentina, Asia & Russia)
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
 Mahi Mahi (imported)
 Octopus: Common (Portugal & Spain trawls, Mexico)
 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)
 Whitefish: Lake (Lake Superior, WI & Lake Winnipeg)

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

Monterey Bay Aquarium
Seafood WATCH
 RAINBOW TROUT
 Central Consumer Guide
 July - December 2018

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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SeafoodWatch.org
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 from our app or website when dining and shopping.
DOWNLOAD Our free app.

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.**