

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)
 Oysters (farmed & Canada)
 Perch: Yellow (Lake Erie trap nets, except Ohio)
 Prawn (Canada & US)
 Salmon (New Zealand)
 Scallops (farmed)
 Shrimp (US farmed)
 Smelt: Rainbow (Lakes Erie, Huron, Superior, except gillnets)
 Squid (US)
 Tilapia (Canada, Ecuador, Peru & US)
 Trout: Lake (Lake Superior, MI)
 Trout (US farmed)
 Tuna: Albacore (trolls, pole and lines)
 Tuna: Skipjack (Pacific trolls, pole and lines)
 Whitefish: Lake (Lake Michigan, WI)

GOOD ALTERNATIVES

Cod: Atlantic (handlines, pole and lines)
 Cod: Pacific (Canada & US)
 Lobster: Spiny (Bahamas & US)
 Mahi Mahi (Ecuador & US longlines)
 Octopus (Canada, Portugal & Spain pots and traps, HI)
 Oysters (US wild)
 Salmon: Atlantic (BC & ME farmed)
 Salmon (CA, OR & WA)
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Squid (Chile, Mexico & Peru)
 Swordfish (US)
 Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
 Trout: Lake (Lakes Huron, Michigan & Superior, Canada, MI & WI)
 Trout (Canada & 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: Atlantic (gillnet, longline, trawl)
 Cod: Pacific (Japan & Russia)
 Crab (Argentina, Asia & Russia)
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
 Mahi Mahi (imported)
 Octopus (other imported sources)
 Orange Roughy
 Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Sharks
 Shrimp (other imported sources)
 Squid (Argentina, China, India & Thailand)
 Swordfish (imported longlines)
 Tilapia (China)
 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

Most of our recommendations, including all **eco-certifications**, aren't on this guide. Be sure to check out SeafoodWatch.org for the full list.

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.

Monterey Bay Aquarium
Seafood WATCH
 RAINBOW TROUT
Central Consumer Guide
 January - June 2020

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 "Do you sell sustainable seafood?" Let businesses know it is important to you.

BUY Best Choices first.

CHOOSE Good Alternatives or the **eco-certified options** if you can't find a Best Choice.

Use these recommendations for popular seafood when dining and shopping. **For the full list, visit us at SeafoodWatch.org**

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 at SeafoodWatch.org**

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