

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.

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



Central  
Consumer Guide  
July - December 2020



RAINBOW TROUT

**BEST CHOICES**

- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (AK)
- Crab: King, Snow & Tanner (AK)
- Mussels (farmed)
- 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)

**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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**GOOD ALTERNATIVES**

- Clams (US & Canada wild)
- 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)

**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.



SeafoodWatch.org

**AVOID**

- Bass: Striped (US gillnet, pound net)
- 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: Atlantic Bluefin (imported longlines)
- Tuna: Pacific & Southern Bluefin
- Tuna: Skipjack (imported purse seines)
- Tuna: Yellowfin (imported longlines except US)
- Whitefish: Lake (Lake Superior, WI & Lake Winnipeg)

**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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**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](http://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.