

BEST CHOICES

Aku/Skipjack Tuna (Pacific trolls, pole and lines)
 Akule/Big-eye Scad (HI nets)
 Arctic Char (farmed)
 Barramundi (US & Vietnam farmed)
 Bass (US hooks and lines, farmed)
 Clams, Cockles, Mussels
 Limu/Ogo/Seaweed (farmed)
 Lionfish (US)
 Lobster: Spiny (Mexico)
 'Ōpae/Shrimp (US farmed)
 Opelu/Mackerel Scad (HI nets)
 Oysters (farmed & Canada)
 Pāpā'i/Crab: King, Snow & Tanner (AK)
 Rockfish (AK, CA, OR & WA)
 Salmon (New Zealand)
 Scallops (farmed)
 Shutome/Swordfish (Canada & US buoy, handlines, harpoons)
 Tilapia (Canada, Ecuador, Peru & US)
 Toau/Blacktail Snapper
 Tombo/Albacore Tuna (trolls, pole and lines)
 Trout: Rainbow/Steelhead (US farmed)

GOOD ALTERNATIVES

'Ahi/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)
 Aku/Skipjack Tuna (free school, US longlines, imported trolls, pole and lines)
 Ehu/Red Snapper (HI)
 Hapu'upu'u/Hawaiian Grouper (HI)
 Hebi/Shortbill Spearfish (imported)
 He'e/Octopus (Canada, Portugal & Spain pots and traps, HI)
 Kajiki/Blue Marlin (HI)
 Mahi Mahi (Ecuador & US longlines)
 Onaga/Ruby Snapper (HI)
 Ono/Wahoo (HI)
 'Ōpae/Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Opah/Moonfish (HI)
 Opakapaka/Pink Snapper (HI)
 Oysters (US wild)
 Salmon (Canada Pacific & US)
 Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)
 Tombo/Albacore Tuna (US longlines)
 Uku/Gray Snapper (HI)
 Yellowtail (US gillnets)

AVOID

'Ahi/Yellowfin Tuna (longlines except US)
 Aku/Skipjack Tuna (imported purse seines)
 He'e/Octopus (other imported sources)
 Kajiki/Blue Marlin
 Mahi Mahi (imported)
 Manō/Sharks
 Ono/Wahoo (imported)
 'Ōpae/Shrimp (other imported sources)
 Opah/Moonfish (imported)
 Orange Roughy
 Pāpā'i/Crab (Argentina, Asia & Russia)
 Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Sardines: Atlantic (Mediterranean)
 Shutome/Swordfish (imported longlines)
 Tombo/Albacore Tuna (imported except trolls, pole and lines)
 Tuna: Bluefin

How to Use This Guide

Many seafood items appear in more than one column. Please be sure to check them all—beginning with Best Choices.

Best Choices

Buy first; they're well managed and caught or farmed responsibly.

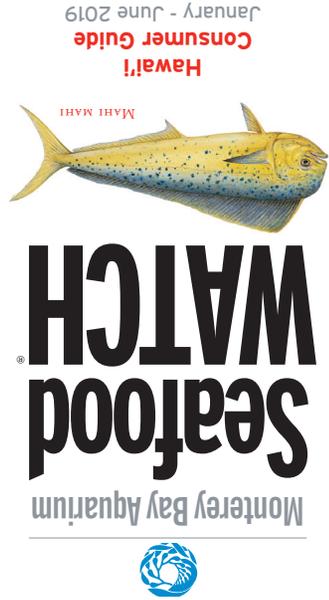
Good Alternatives

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



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 "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. 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 online or download our free app.**