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.

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<th>BEST CHOICES</th>
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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 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.