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 SeafoodWatch.org.

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.

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
- Abalone (farmed)
- 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)
- Lionfish (US)
- Oysters (farmed & Canada)
- Prawn (Canada & US)
- Rockfish (AK, CA, OR & WA)
- Sablefish/Black Cod (AK)
- Salmon (New Zealand)
- Sanddab (CA, OR & WA)
- Scallops (farmed)
- Shrimp (US farmed)
- Squid (US)
- Tilapia (Canada, Ecuador, Peru & US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)

### GOOD ALTERNATIVES
- Cod: Atlantic (handlines, pole and lines)
- Lobster: Spiny (Bahamas & US)
- Mahi Mahi (Ecuador & US longlines)
- Monkfish (US)
- Octopus (Canada, Portugal & Spain pots and traps, HI)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets & US)
- Salmon: Atlantic (BC & ME farmed)
- Salmon (CA, OR & WA)
- Scallops (wild)
- Shrimp (Canada & US wild, Ecuador & Honduras farmed)
- Squid (Chile, Mexico & Peru)
- Swordfish (US)
- Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
- Trout: Albacore (US longlines)
- Tuna: Albacore (US longlines)
- Tuna: Yellowfin (free school, pole and lines, US longlines)

### AVOID
- Basa/Pangasius/Swai
- Cod: Pacific (gillnet, longline, trawl)
- Cod: Pacific (Japan & Russia)
- Crab (Argentina, Asia & Russia)
- Halibut: Atlantic (wild)
- Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
- Mahi Mahi (imported)
- Orange Roughy
- Octopus (other imported sources)
- Pollock (Canada trawls & Russia)
- Salmon (Canada Atlantic, Chile, Norway & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentina, China, India & Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (exported except trolls, pole and lines)
- Tuna: Bluefin
- Tuna: Skipjack (imported purse seines)
- Tuna: Yellowfin (longlines except US)