**Best Choices**
- Abalone (farmed)
- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (AK)
- Crab: King, Snow & Tanner (AK)
- Lionfish (US)
- Mussels (farmed)
- 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)
- Sturgeon (US farmed)
- Tilapia (Canada, Ecuador, Peru & US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)

**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)
- 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: Sea (wild)
- Shrimp (Canada & US wild, Ecuador & Honduras farmed)
- Squid (Chile, Mexico & Peru)
- Swordfish (US)
- Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
- 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
- Bass: Striped (US gillnet, pound net)
- Cod: Atlantic (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 & Japan)
- 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)

---

**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.

---

**Your Choices Matter**

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Let’s make responsible seafood choices work for our ocean by making sustainable seafood choices first.

You care about the ocean. So do we. Together, we can make a difference!

Ask businesses you shop at if they follow SeafoodWatch’s recommendations or have eco-certified sources. Let them know it’s important to you.

Take action. 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.

---

**SeafoodWatch.org**

Your go-to resource for digging and shopping for sustainable seafood. Use these recommendations for popular seafood when dining and shopping.

For the full list, visit us at SeafoodWatch.org