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 (handslines, 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: Sea (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: Skipjack (free school, imported trolls, pole and lines, US longlines)
- Tuna: Yellowfin (free school, trolls, pole and lines, US longlines)

**Avoid**
- Basa/Pangasius/Swai
- 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 & Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole and lines)
- Tuna: Bluefin
- Tuna: Skipjack (imported purse seines)
- Tuna: Yellowfin (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.

**Marine 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

**SeafoodWatch.org**

**Monterey Bay Aquarium**

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. The Monterey Bay Aquarium sets science-based recommendations that help consumers and businesses choose ocean-friendly seafood to support a healthy ocean.

**Take Action**
- **Ask** what your seafood sources.
- **Buy** the best choices first.
- **Choose** good alternatives or buy certified options.
- **Avoid** fish caught in ways that harm other marine life or the environment.
- **Learn** and spread the word about the health of our oceans.

**SeafoodWatch.org**

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

**National Consumer Guide**

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