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**
- Barramundi (US & Vietnam farmed)
- Bass (US hooks and lines, farmed)
- Bluefish (US handlines)
- Branizio (Mediterranean farmed)
- Cod: Atlantic (handlines, pole and lines)
- Crab: Atlantic Rock (Canada & MA)
- Crab: Blue (AL, DE, MD & NJ pots)
- Haddock
- Hake (US)
- Monkfish (US)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets & US)
- Salmon: Atlantic (BC & ME farmed)
- Salmon (CA, OR & WA)
- Shrimp (Canada & US wild, Ecuador & Honduras farmed)
- Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
- Trout (Canada & Chile farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
- Tuna: Yellowfin (free school, troll, pole and lines, US longlines)

**Good Alternatives**
- Bluefish (US gillnets and trawls)
- Bass (US hooks and lines, farmed)
- Cod: Atlantic (handlines, pole and lines)
- Crab: Atlantic Rock (Canada & MA)
- Crab: Blue (AL, DE, MD & NJ pots)
- Haddock
- Hake (US)
- Monkfish (US)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets & US)
- Salmon: Atlantic (BC & ME farmed)
- Salmon (CA, OR & WA)
- Shrimp (Canada & US wild, Ecuador & Honduras farmed)
- Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
- Trout (Canada & Chile farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
- Tuna: Yellowfin (free school, troll, pole and lines, US longlines)

**Avoid**
- Cod: Atlantic (gillnet, longline, trawl)
- Crab (Argentina, Asia & Russia)
- Crab: Blue (FL, GA, LA, MS, NC, SC, TX & VA)
- Halibut: Atlantic wild
- Mahi Mahi (imported)
- Orange Roughy
- 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.

**Take Action**
- ASK “Do you sell sustainable seafood?” Let businesses know it is important to you.
- BUY Best Choices first.
- CHOOSE Good Alternatives or the eco-certified options or fish that is wisely managed.
- SUPPORT businesses that choose Seafood Watch program.
- QUESTIONS to ask: “Is it sustainable? Are the fishing practices responsible?”

**Your Choices Matter**
Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference. Take action to support responsible seafood choices. For popular seafood when you can’t find a Best Choice, choose an alternative that supports sustainable fishing practices. Use the guide to carry with you and share it with others to help spread the word. For more info visit SeafoodWatch.org.