

# Monterey Bay Aquarium Seafood Watch®

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

Arctic Char (farmed)  
 Barramundi (US & Vietnam farmed)  
 Bass (US hooks and lines, farmed)  
 Bluefish (US handlines)  
 Catfish (US)  
 Clams, Cockles, Mussels & Oysters  
 Crab: King, Snow & Tanner (AK)  
 Croaker: Atlantic (beach seines)  
 Lionfish (US)  
 Mahi Mahi (US handlines)  
 Prawn (Canada & US)  
 Rockfish (AK, CA, OR & WA)  
 Salmon (New Zealand)  
 Scallops (farmed)  
 Seaweed (farmed)  
 Shrimp (US farmed)  
 Swordfish (Canada & US buoy, handlines, harpoons)  
 Tilapia (Canada, Ecuador, Peru & US)  
 Trout: Rainbow/Steelhead (US farmed)  
 Tuna: Albacore (trolls, pole and lines)  
 Tuna: Skipjack (Pacific trolls, pole and lines)

## GOOD ALTERNATIVES

Bluefish (US gillnets and trawls)  
 Branzino (Mediterranean farmed)  
 Cod: Atlantic (handlines)  
 Crab: Atlantic Rock (Canada & MA)  
 Crab: Jonah (US)  
 Haddock  
 Hake (US)  
 Lobster: Spiny (Bahamas & US)  
 Monkfish (US)  
 Pollock (Canada longlines, gillnets & US)  
 Redfish (US)  
 Salmon (Canada Pacific & US)  
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
 Squid (Chile, Mexico, Peru & US)  
 Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)  
 Trout: Rainbow/Steelhead (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 (Canada & US)  
 Crab (Argentina, Asia & Russia)  
 Crab: Atlantic Rock (US, except MA)  
 Halibut: Atlantic (wild)  
 Mahi Mahi (imported)  
 Octopus: Common (Portugal & Spain trawls, Mexico)  
 Orange Roughy  
 Pollock (Canada trawls & Russia)  
 Salmon (Canada Atlantic, Chile, Norway & Scotland)  
 Sardines: Atlantic (Mediterranean)  
 Sharks  
 Shrimp (other imported sources)  
 Squid (Argentina, China, India & Thailand)  
 Swordfish (imported longlines)  
 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

Many seafood items appear in more than one column. Please be sure to check them all.

### Best Choices

Buy first; they're well managed and caught or farmed responsibly.

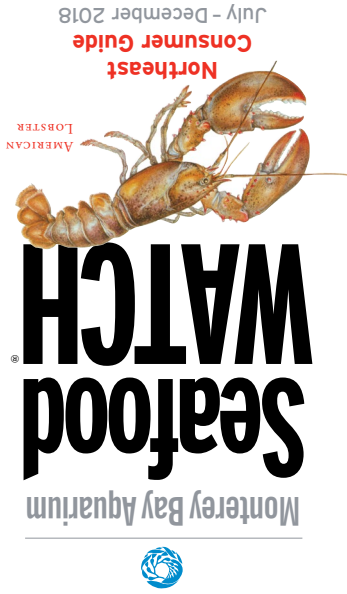
### Good Alternatives

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.

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



July - December 2018  
 Consumer Guide  
 Northeast

AMERICAN  
 LOBSTER

## Seafood Watch

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.



Monterey Bay Aquarium

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## Take Action

**ASK** "Are you a Seafood Watch partner?" Let businesses know responsible seafood is important to you.

**BUY** Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.

**CHOOSE** Seafood Watch partners from our app or website when dining and shopping.

**DOWNLOAD** Our free app.



SeafoodWatch.org

## 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 us online or download our free app.**