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.

### 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.

### Best Choices
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Catfish (US farmed)
- Clams (farmed)
- Cockles
- Cod: Pacific (AK)
- Crab: Blue (MD trotline)
- Crab: King, Snow & Tanner (AK)
- Crawfish (US farmed)
- Lionfish (US)
- Mahi Mahi (US handlines)
- Mullet: Striped (US)
- Mussels (farmed)
- Oysters (farmed & Canada)
- Pompano (US)
- Salmon (New Zealand)
- Shrimp (US farmed)
- Snapper: Mutton (US diving, handlines)
- Squid (US)
- Sturgeon (US farmed)
- Tilapia (Canada, Ecuador, Peru & US)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)
- Wahoo (US Atlantic)
- Wreckfish

### Good Alternatives
- Branzino (Mediterranean farmed)
- Clams (US & Canada wild)
- Cod: Atlantic (handlines, pole and lines)
- Conch (Belize, Nicaragua & US)
- Crawlfish (LA wild)
- Crab: Blue (AL, DE, MD & NJ pots)
- Grouped: Red (US)
- Lobster: Spiny (Bahamas & US)
- Mahi Mahi (Ecuador & US longlines)
- Oysters (US wild)
- Salmon: Atlantic (BC & ME farmed)
- Salmon (CA, OR & WA)
- Shrimp (Canada & US wild, Ecuador & Honduras farmed)
- Snapper (US)
- Squid (Chile, Mexico & Peru)
- Swordfish (US)
- 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, trolls, pole and lines, US longlines)

### Avoid
- Bass: Striped (US gillnet, pound net)
- Cod: Atlantic (gillnet, longline, trawl)
- Conch (imported)
- Crab (Argentina, Asia & Russia)
- Crawlfish (FL, GA, LA, MS, NC, SC, TX & VA)
- Crab: Stone (FL)
- Crawfish (China)
- Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
- Mahi Mahi (imported)
- Orange Roughy
- Salmon (Canada Atlantic, Chili, Norway & Scotland)
- Sardines: Atlantic (Mediterranean)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentina, China, India & Thailand)
- 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)

### Take Action
1. Cut along outer black line
2. Fold on grey lines

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Take action by making responsible seafood choices. Ask your neighbors and friends to join the Seafood Watch program. At SeafoodWatch.org, you’ll find delicious recipes and fun facts to help spread the word.