## Monterey Bay Aquarium Seafood Watch

**Southeast Consumer Guide**

July – December 2020

*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.

*SeafoodWatch.org*

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**Your Choices Matter**

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Let businesses know it is important to you.

**Ask AX**

...to sell sustainable seafood.

**Buy Best Choices First**

...choosing seafood responsibly for our ocean.

**Choose Good Alternatives**

...if you can’t find a Best Choice.

**Avoid**

...for now; they’re overfished, lack strong management or are caught or farmed in ways that harm other marine life or the environment.

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### 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.

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### Seafood Recommendations

#### Best Choices

- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod (Pacific AK)
- Crab: Blue (MD trotline)
- Crab: King, Snow & Tanner (AK)
- Crawlfish (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)
- Grouper: Red (US)
- Lobster: Spiny (Bahamas & US)
- Mahi Mahi (Ecuador & US farmed)
- 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, longliner, trawl)
- Conch (imported)
- Crab: Beluga (Canada & Russia)
- Crawlfish (FL, GA, LA, MS, NC, SC, TX & VA)
- Crab: Stone (FL)
- Crawlfish (China)
- Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
- Mahi Mahi (imported)
- Orange Roughy
- Salmon (Canada Atlantic, Chile, Norway & Scotland)
- Sardines: Atlantic (Mediterranean)
- Sharks
- Shim (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 seine)
- Tuna: Yellowfin (imported longlines except US)

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### Seafood Watch Recommendations

Bass: Striped (US gillnet, pound net)
- Cod (US & Canada)
- Conch (Belize, Nicaragua)
- Crawlfish (LA)
- Crab: Blue (MD, DE, MD & NJ)
- Grouper: Red (US)
- Lobster: Spiny (Bahamas & US)
- Mahi Mahi (Ecuador & US)
- Oysters (US)
- Salmon: Atlantic (BC & ME)
- Salmon (CA, OR & WA)
- Shrimp (Canada & US)
- Squid (Chile, Mexico & Peru)
- Swordfish (US)
- Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
- Trout (Canada & Chile)
- Tuna: Albacore (US)
- Tuna: Skipjack (US, pole and line)
- Tuna: Yellowfin (US)
- Wahoo (US)
- Wreckfish

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### To Use Your Guide

1. Cut along outer black line
2. Fold on grey lines
3. Carry this guide with you and share it with others to help spread the word.

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**Take Action**

**Ask**

...to sell sustainable seafood.

**Buy**

Best Choices first.

**Choose**

Good Alternatives or the eco-certified options if you can’t find a Best Choice.

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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.

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**To check out SeafoodWatch.org for the full list:**

- Best Choices
- Good Alternatives
- Avoid