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)
- Catfish (US)
- Clams, Cockles, Mussels
- Cod: Pacific (AK)
- Crab: Blue (MD trotline)
- Crab: King, Snow & Tanner (AK)
- Crawfish (US farmed)
- Lionfish (US)
- Mahi Mahi (US handlines)
- Mullet: Striped (US)
- 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)
- Cod: Atlantic (handlines, pole and lines)
- Conch (Belize, Nicaragua & US)
- Crawfish (LA wild)
- Crab: Blue (AL, DE, MD & NJ pots)
- Grouper: 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**
- Cod: Atlantic (gillnet, longline, trawl)
- Conch (imported)
- Crab (Argentina, Asia & Russia)
- Crab: Blue (FL, GA, LA, MA, MS, NC, SC, TX & VA)
- Crab: Stone (FL)
- Crawfish (China)
- Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
- Mahi Mahi (imported)
- Orange Roughy
- Salmon (Canada Atlantic, Chile, 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: 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.

**Your Choices Matter**
Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Be responsible and choose seafood that supports healthy ocean ecosystems. You can make a difference and help ensure a sustainable future for our oceans.

**Take Action**
ASK, “Do you sell sustainable seafood?” Let businesses know it is important to you.

**Buy Best Choices First**
Let businesses know you choose seafood that supports healthy ocean ecosystems.

**Choose Good Alternatives or the eco-certified options.** If you can’t find a Best Choice, choose seafood that supports healthy ocean ecosystems.

**Seafood Watch**
Your Choices Matter

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