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)
- Catfish (US)
- Clams, Cockles, Mussels
- Cod: Pacific (AK)
- Crab: King, Snow & Tanner (AK)
- Lionfish (US)
- Lobster: Spiny (Mexico)
- Oysters (farmed & Canada)
- Prawn (Canada & US)
- Rockfish (AK, CA, OR & WA)
- Sablefish/Black Cod (AK)
- Salmon (New Zealand)
- Scallops (farmed)
- Seaweed (farmed)
- Shrimp (US farmed)
- Sole (US)
- Squid (US)
- Tilapia (Canada, Ecuador, Peru & US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)

### GOOD ALTERNATIVES
- Branzino (Mediterranean farmed)
- Cod: Pacific (Canada & US)
- Lobster: Spiny (Bahamas & US)
- Mahi Mahi (Ecuador & US longlines)
- Octopus (Canada, Portugal & Spain)
- Oysters (US wild)
- Sablefish/Black Cod (Canada wild)
- Salmon: Atlantic (BC & ME farmed)
- Salmon (CA, OR & WA)
- Shrimp (Canada & US wild, Ecuador & Honduras farmed)
- 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
- Basa/Pangasius/Swai
- Cod: Atlantic (gillnet, longline, trawl)
- Cod: Pacific (Japan & Russia)
- Crab (Argentina, Asia & Russia)
- Halibut: Atlantic (wild)
- Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
- Mahi Mahi (imported)
- Octopus (other imported sources)
- Orange Roughy
- Salmon (Canada Atlantic, Chile, Norway & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentina, Ecuador, Peru & US)
- 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.

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### Southwest Consumer Guide

SeafoodWatch.org

Visit us at SeafoodWatch.org for the full list.

Take Action

ASK your businesses for responsible seafood.

BUY best choices first.

CHOOSE good alternatives or those that are sustainably farmed.

AVOID overfished stocks, lack strong management or are caught or farmed in ways that harm other marine life or the environment.

Your Choices Matter