# Seafood Watch®

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses make ocean-friendly seafood choicesby creating science-based recommendations that 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.

### Take Action

- **ASK** “Do you sell sustainable seafood?” Let businesses know it is important to you.
- **BUY** Best Choices first.
- **CHOOSE** Good Alternatives or the eco-certified options if you can’t find a Best Choice.

## Seafood Recommendations

### Best Choices

- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cod (US)
- Cod: Pacific (AK)
- Crab: King, Snow & Tanner (AK)
- Lionfish (US)
- Lobster: Spiny (Mexico)
- Mussels (farmed)
- Oysters (farmed & Canada)
- Prawn (Canada & US)
- Rockfish (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)
- Clams (US & Canada wild)
- Cod: Pacific (CA & US)
- Lobster: Spiny (Bahamas & US)
- Mahi Mahi (Ecuador & US longlines)
- Octopus (Canada, Portugal & Spain pots and traps, HI)
- 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

- Bass: Striped (US gillnet, pound net)
- 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, 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)

### How to Use Your Guide

1. Cut along outer black line
2. Fold on grey lines
3. Use these recommendations for popular seafood when dining and shopping.
4. For the full list, visit us at SeafoodWatch.org

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