

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.

To use your guide: 1. Cut along outer black line
2. Fold on grey lines



Southwest
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.



Monterey Bay Aquarium

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BEST CHOICES

- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (AK)
- Crab: King, Snow & Tanner (AK)
- Lionfish (US)
- Lobster: Spiny (Mexico)
- Mussels (farmed)
- 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)
- Clams (US & Canada wild)
- Cod: Pacific (Canada & 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 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.

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping. **For the full list, visit us at SeafoodWatch.org**

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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.



SeafoodWatch.org