

Monterey Bay Aquarium® Seafood Watch®

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

Amaebi/Spot Prawn (AK & Canada)
 Awabi/Abalone (farmed)
 Bincho/ Albacore Tuna (trolls, pole and lines)
 Ebi/Prawn: Freshwater (Canada & US)
 Ebi/Shrimp (US farmed)
 Gindara/Sablefish (AK)
 Hiramasa/Yellowtail (Mexico & US hooks and lines)
 Ikura/Salmon Roe (New Zealand)
 Iwana/ Arctic Char (farmed)
 Izumidai/Tilapia (Canada, Ecuador, Peru & US)
 Kani/Crab: King (AK)
 Katsuo/Skipjack Tuna (Pacific trolls, pole and lines)
 Nori/Seaweed (farmed)
 Saba/ Atlantic Mackerel (Canada)
 Sake/Salmon (New Zealand)
 Sawara/King Mackerel (US)
 Suzuki/Bass (US hooks and lines, farmed)
 Uni/Sea Urchin (Canada Pacific)
 Zuwaigani/Crab: Snow (AK)

GOOD ALTERNATIVES

Amaebi/Spot Prawn (CA & WA)
 Bincho/ Albacore Tuna (US long lines)
 Ebi/Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Gindara/Sablefish (Canada wild)
 Hiramasa/Yellowtail (US gillnets)
 Hotate/Scallops: Sea (wild)
 Kanikama/Surimi/Pollock (Canada longlines, gillnets & US)
 Katsuo/Skipjack Tuna (free school, imported trolls, pole and lines, US longlines)
 Kodai/Tai/New Zealand Snapper
 Maguro/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)
 Niji-masu/Trout (Canada & Chile farmed)
 Saba/ Atlantic Mackerel (US)
 Sake/Salmon: Atlantic (BC & ME farmed)
 Sake/Salmon (CA, OR & WA)
 Tako/Octopus (Canada, Portugal & Spain pots and traps, HI)
 Uni/Red Sea Urchin (CA)

AVOID

Bincho/ Albacore Tuna (imported except trolls, pole and lines)
 Buri/Hamachi/Hiramasa/Yellowtail (Australia & Japan farmed)
 Ebi/Shrimp (other imported sources)
 Hon Maguro/Tuna: Bluefin
 Iwashi/Atlantic Sardines (Mediterranean)
 Izumidia/Tilapia (China)
 Kani/Crab (Argentina, Asia & Russia)
 Kanikama/Surimi/Pollock (Russia)
 Katsuo/Skipjack Tuna (imported purse seines)
 Kuromaguro/Bluefin Tuna
 Maguro/Yellowfin Tuna (longlines except US)
 Sake/Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Tako/Common Octopus (other imported)
 Unagi/Eel
 Uni/Green Sea Urchin (ME)

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.

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

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 Consumer Guide

Sushi



Seafood WATCH

Monterey Bay Aquarium



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Monterey Bay Aquarium



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.

Seafood Watch

SeafoodWatch.org



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.

Take Action

Printed on 100% recycled paper, using a process that is 100% carbon neutral.

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**

Your Choices Matter