

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 longlines)
 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/Bluefin Tuna
 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 our app 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

July - December 2019
 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 "Are you a Seafood Watch partner?" Let businesses know responsible seafood is important to you.

BUY Best Choices. If unavailable, look for Good Alternatives or the **eco-certified** options found on our app and website.

CHOOSE Seafood Watch partners from our app or website when dining and shopping.

DOWNLOAD Our free app.

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 online or download our free app.**

Your Choices Matter