## BEST CHOICES

- Amaebi/Spot Prawn (AK & Canada)
- Awabi/Albalone (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)
- Kanikama/Surimi/Pollock (Russia)
- 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 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, trolls, pole and lines, US longlines)
- Kodai/Tai/New Zealand Snapper
- Maguro/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)
- Nijimasu/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: Pacific & Southern Bluefin
- Hon Maguro/Tuna: Atlantic Bluefin (imported longlines)
- Iwashi/Atlantic Sardines (Mediterranean)
- Iwana/Tilapia (China)
- Kanikama/Surimi/Pollock (Russia)
- Katsuo/Skipjack Tuna (imported purse seines)
- Kuromaguro/Bluefin Tuna
- Maguro/Yellowfin Tuna (imported longlines except US)
- Sake/Salmon (Canada Atlantic, Chile, Norway & Scotland)
- Suzuki/Bass: Striped (US gillnet, pound net)
- 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.