

BEST CHOICES

Arctic Char (farmed)
 Barramundi (US & Vietnam farmed)
 Bass: Striped (US hooks and lines, farmed)
 Catfish (US)
 Clams, Cockles, Mussels
 Cod: Pacific (AK)
 Crab: King, Snow & Tanner (AK)
 Lingcod (CA, OR & WA)
 Oysters (farmed & Canada)
 Prawn (Canada & US)
 Rockfish (AK, CA, OR & WA)
 Sablefish/Black Cod (AK)
 Salmon (New Zealand, WA lift nets)
 Sanddab (CA, OR & WA)
 Scallops (farmed)
 Shrimp (US farmed)
 Squid (US)
 Sole (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)
 Cod: Pacific (Canada & US)
 Lingcod (AK & Canada)
 Lobster: Spiny (Bahamas & US)
 Mahi Mahi (Ecuador & US longlines)
 Octopus (Canada, Portugal & Spain pots and traps, HI)
 Oysters (US wild)
 Salmon: Atlantic (BC & ME farmed)
 Salmon (CA, OR & WA)
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Snapper (US)
 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

Basa/Pangasius/Swai
 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
 Pollock (Canada trawls & Russia)
 Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Salmon: Chinook (Puget Sound)
 Sharks
 Shrimp (other imported sources)
 Squid (Argentina, China, India & Thailand)
 Swordfish (imported longlines)
 Tilapia (China)
 Tuna: Albacore (imported except trolls, pole and lines)
 Tuna: Bluefin
 Tuna: Skipjack (imported purse seines)
 Tuna: Yellowfin (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.

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

January - June 2020
Consumer Guide
West Coast
 ROCKFISH
 YELLOWTAIL



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