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

- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass: Striped (US hooks and lines, farmed)
- Catfish (US)
- Clams, Cockles, Mussels
- Cod: Pacific (AK & Canada)
- 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 and lines)
- Tuna: Skipjack (Pacific trolls 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.

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**Your Choices Matter**

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference by making responsible seafood choices.

**Choose**
Good Alternatives or the eco-certified options if you can. Ask your seafood provider which program they use.

**Buy**
Best Choice first. That helps consumers and businesses choose seafood that’s been fished or farmed in ways that support a healthy ocean.

**Ask**
“Do you sell sustainable seafood?” Let businesses know it’s important to you.

**Take Action**

[SeafoodWatch.org](http://SeafoodWatch.org)