



BEST CHOICES	GOOD ALTERNATIVES	AVOID	How to Use This Guide
<p>Arctic Char (farmed)                      Barramundi (US &amp; Vietnam farmed)                      Bass: Striped (US hooks and lines, farmed)                      Catfish (US)                      Clams, Mussels &amp; Oysters                      Cod: Pacific (AK)                      Crab: King, Snow &amp; Tanner (AK)                      Lingcod (Canada trols &amp; US longlines, trols)                      Lionfish (US)                      Lobster: Spiny (Mexico)                      Prawn (Canada &amp; US)                      Rockfish (AK, CA, OR &amp; WA)                      Sablefish/Black Cod (AK)                      Salmon (New Zealand)                      Sanddab (CA, OR &amp; WA)                      Sardines: Pacific (Canada &amp; US)                      Scallops (farmed)                      Shrimp (US farmed &amp; AK)                      Sole (US)                      Tilapia (Canada, Ecuador, Peru &amp; US)                      Trout: Rainbow/Steelhead (US farmed)                      Tuna: Albacore (trols, pole and lines)                      Tuna: Skipjack (Pacific trols, pole and lines)</p>	<p>Branzino (Mediterranean farmed)                      Cod: Pacific (Canada &amp; US)                      Crab: Dungeness (Canada &amp; US)                      Lingcod (Canada)                      Lobster (Bahamas &amp; US)                      Mahi Mahi (Ecuador &amp; US longlines)                      Octopus (Portugal &amp; Spain pots)                      Salmon (Canada Pacific &amp; US)                      Scallops: Sea (wild)                      Shrimp (Canada &amp; US wild, Ecuador &amp; Honduras farmed)                      Snapper (US)                      Squid (Chile, Mexico, Peru &amp; US)                      Swordfish (US)                      Tilapia (China, Colombia, Honduras, Indonesia, Mexico &amp; Taiwan)                      Trout: Rainbow/Steelhead (Chile farmed)                      Tuna: Albacore (US longlines)                      Tuna: Skipjack (free school, imported trols, pole and lines, US longlines)                      Tuna: Yellowfin (free school, trols, pole and lines, US longlines)</p>	<p>Basa/Pangasius/Swai                      Cod: Pacific (Japan &amp; Russia)                      Crab (Argentina, Asia &amp; Russia)                      Halibut: Atlantic (wild)                      Lobster: Spiny (Belize, Brazil, Honduras &amp; Nicaragua)                      Mahi Mahi (imported)                      Orange Roughy                      Pollock (Canada trawls &amp; Russia)                      Salmon (Canada Atlantic, Chile, Norway &amp; Scotland)                      Salmon: Chinook (Puget Sound)                      Salmon: Coho (Columbia River)                      Sardines: Atlantic (Mediterranean)                      Sharks                      Shrimp (other imported sources)                      Squid (Argentina, China, India &amp; Thailand)                      Swordfish (imported longlines)                      Tuna: Albacore (imported except trols, pole and lines)                      Tuna: Bluefin                      Tuna: Skipjack (imported purse seines)                      Tuna: Yellowfin (longlines except US)</p>	<p><b>How to Use This Guide</b></p> <p>Many seafood items appear in more than one column. Please be sure to check them all.</p> <p><b>Best Choices</b>                      Buy first; they're well managed and caught or farmed responsibly.</p> <p><b>Good Alternatives</b>                      Buy, but be aware there are concerns with how they're caught or farmed.</p> <p><b>Avoid</b>                      Take a pass on these for now; they're overfished or caught or farmed in ways that harm other marine life or the environment.</p>
 <p>Monterey Bay Aquarium  <b>Seafood WATCH</b>                      West Coast                      Consumer Guide                      January - June 2018</p>	<p>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.</p> <p><b>Seafood Watch</b></p> <p>Monterey Bay Aquarium</p> <p><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2018. All rights reserved. Printed on recycled paper.</small></p>	<p><b>Take Action</b></p> <p><b>ASK</b> "Are you a Seafood Watch partner?" Let businesses know responsible seafood is important to you.</p> <p><b>BUY</b> Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.</p> <p><b>CHOOSE</b> Seafood Watch partners from our app or website when dining and shopping.</p> <p><b>DOWNLOAD</b> Our free app. <a href="http://SeafoodWatch.org">SeafoodWatch.org</a></p> <p></p>	<p><b>Your Choices Matter</b></p> <p>Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.</p> <p>You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when shopping and dining. <b>For the full list, visit us online or download our free app.</b></p>

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