

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.

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



Seafood WATCH



West Coast
Consumer Guide
July - December 2020

YELLOWTAIL
ROCKFISH

BEST CHOICES

- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass: (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (AK)
- Crab: King, Snow & Tanner (AK)
- Lingcod (CA, OR & WA)
- Mussels (farmed)
- 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)
- Sole (US)
- Squid (US)
- Sturgeon (US farmed)
- Tilapia (Canada, Ecuador, Peru & US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)

Seafood Watch

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.



Monterey Bay Aquarium

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2020. All rights reserved.

GOOD ALTERNATIVES

- Branzino (Mediterranean farmed)
- Clams (US & Canada wild)
- 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)

Take Action

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.



SeafoodWatch.org

AVOID

- Basa/Pangasius/Swai
- Bass: Striped (US gillnet, pound net)
- 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: Atlantic Bluefin (imported longlines)
- Tuna: Pacific & Southern Bluefin
- Tuna: Skipjack (imported purse seines)
- Tuna: Yellowfin (imported longlines except US)

Your Choices Matter

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**

Printed on 100% recycled paper, using a process that is 100% carbon neutral.

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.