

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



## BEST CHOICE

- Arctic char**
- Bass** (farmed from U.S. or Mexico)
- Catfish** (farmed from U.S.)
- Clams** (farmed)
- Cod: Pacific** (from Alaska)
- Herring: lake** (from Lake Superior)
- Mahi mahi** (from U.S. Atlantic pole-&-line)
- Mussels** (farmed)
- Oysters** (farmed)
- Salmon** (farmed from New Zealand)
- Scallops** (farmed)
- Shrimp** (farmed from U.S.)
- Swordfish** (from U.S. or Canada buoy gear, harpoon, or pole-&-line)
- Trout: lake** (from Lake Michigan or Lake Superior in U.S.)
- Trout: rainbow** (farmed from U.S.)
- Tuna: albacore/white** (from Pacific or Atlantic troll or pole-&-line)
- Tuna: bigeye, skipjack/chunk light, and yellowfin/ahi** (from Pacific handline or pole-&-line)
- Whitefish: lake** (from Lake Michigan or Lake Superior)

## GOOD ALTERNATIVE

- Clams** (wild from U.S. or Canada)
- Cod: Atlantic** (from U.S. pole-&-line)
- LoBster: spiny** (from U.S. or Mexico)
- Mackerel** (from Chile, Japan, or Morocco)
- Mahi mahi** (from U.S.)
- Perch: white** (from Lake Erie)
- Perch: yellow** (from Lake Erie)
- Sablefish/black cod**
- Salmon: Atlantic** (farmed from ME or Faroe Islands)
- Shrimp** (wild from U.S. or Canada; farmed from Ecuador or Thailand)
- Snapper** (from U.S.)
- Swordfish** (from U.S. gillnet or longline)
- Squid** (from Chile or Peru)
- Tilapia** (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
- Trout: lake** (from Lake Huron)
- Tuna: bigeye, skipjack/chunk light, and yellowfin/ahi** (from US; from Atlantic pole-&-line, troll, or FAD-free)
- Walleye** (from the Great Lakes)

## AVOID

- Basa/pangasius/swai**
- Chilean seabass** (from Chile)
- Cod: Atlantic** (gillnet, longline, or trawl)
- Crab** (from Asia)
- Crab: snow** (from Canada)
- Eel** (imported farmed)
- LoBster: American** (from U.S. or Canada)
- Mahi mahi** (imported)
- Octopus** (Indonesia, Morocco, or Mauritania)
- Orange roughy**
- Perch: yellow** (Lake Ontario)
- Salmon** (farmed from Canada, Chile, Norway, or Scotland)
- Sharks**
- Shrimp** (all other imported options)
- Squid** (imported)
- Swordfish** (imported gillnet or longline)
- Tilapia** (from China)
- Tuna: bluefin**
- Tuna** (from Indian Ocean)
- Tuna** (all other options)
- Whitefish: lake** (from Lake Huron)

## How to use this guide

### BEST CHOICE

Buy first. It is well managed and caught or farmed in an environmentally responsible manner.

### GOOD ALTERNATIVE

Buy if a Best Choice option is not available. There are moderate environmental concerns.

### AVOID

Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

This list does not reflect all recommendations, exceptions may apply. View the full list on [SeafoodWatch.org](http://SeafoodWatch.org).



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### Take action

**ASK** "Do you sell sustainable seafood?" This simple but powerful action lets businesses know it is important to you.

**BUY** Best Choice options first.

**CHOOSE** Good Alternatives if you can't find a Best Choice and visit [SeafoodWatch.org](http://SeafoodWatch.org) for the full list.



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

### Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

Visit [SeafoodWatch.org](http://SeafoodWatch.org) for our full range of seafood guides. Or scan the QR code below.

