

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



RAINBOW TROUT

**Central  
Consumer Guide**  
January - June 2021

**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)  
Mussels (farmed)  
Oysters (farmed & Canada)  
Perch: Yellow (Lake Erie trap nets, except Ohio)  
Prawn (Canada & US)  
Salmon (New Zealand)  
Scallops (farmed)  
Shrimp (US farmed)  
Smelt: Rainbow (Lakes Erie, Huron, Superior, except gillnets)  
Squid: California Market  
Tilapia (Canada, Ecuador, Peru & US)  
Trout: Lake (Lake Superior, MI)  
Trout (US farmed)  
Tuna: Albacore (trolls, pole and lines)  
Tuna: Skipjack (Pacific trolls, pole and lines)  
Whitefish: Lake (Lake Michigan, WI)

**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

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**GOOD ALTERNATIVES**

Clams (US & Canada wild)  
Cod: Atlantic (handlines, pole and lines)  
Cod: Pacific (Canada & US)  
Lobster: Spiny (Bahamas & US)  
Mahi Mahi (Costa Rica, Ecuador, Panama & 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)  
Squid: Jumbo  
Swordfish (US)  
Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)  
Trout: Lake (Lakes Huron, Michigan & Superior, Canada, MI & WI)  
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**

Bass: Striped (US gillnet, pound net)  
Basa/Pangasius/Swai  
Cod: Atlantic (gillnet, longline, trawl)  
Cod: Pacific (Japan & Russia)  
Crab (Argentina, Asia & Russia)  
Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)  
Mahi Mahi (Peru, Taiwan)  
Octopus (other imported sources)  
Orange Roughy  
Salmon (Canada Atlantic, Chile, Norway & Scotland)  
Sharks  
Shrimp (other imported sources)  
Squid: Argentine shortfin, Indian, Japanese flying, mitre & swordtip  
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)  
Whitefish: Lake (Lake Superior, WI & Lake Winnipeg)

**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**

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**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](http://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.