### BEST CHOICES

- Arctic Char (farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (Alaska)
- Crab: King, Snow & Tanner (Alaska)
- Mussels (farmed)
- Oysters (farmed)
- Perch: Yellow (Lake Erie trap nets, except Ohio)
- Salmon (New Zealand)
- Scallops (farmed)
- Shrimp (US farmed)
- Smelt: Rainbow (Lakes Erie, Huron, Superior, except gillnets)
- Squid (California)
- Swordfish (handlines, harpoons)
- Tilapia (Canada, Ecuador, Peru, US & US)
- Trout: Lake (Lake Superior, Michigan)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)
- Whitefish: Lake (Michigan, Wisconsin)

### GOOD ALTERNATIVES

- Clams (US & Canada wild)
- Cod: Atlantic (handlines, pole and lines)
- Cod: Pacific (Canada & US)
- Crab (Argentina)
- Lobster: Spiny (US)
- Mahi-Mahi (US)
- Oysters (wild)
- Salmon: Atlantic (Faroe Islands & Maine farmed)
- Salmon (California, Oregon, & Washington)
- Shrimp (Canada & US wild, Ecuador, Honduras, & Thailand farmed)
- Squid (Chile & Peru)
- Squid: Jumbo (Chile, China, & Peru)
- Swordfish (US, trolls)
- Tilapia (Colombia, Honduras, Indonesia, Mexico, & Taiwan)
- Trout: Lake (Lakes Huron, Michigan & Superior, Canada, Michigan, & Wisconsin)
- 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

- Bass: Striped (US gillnet, pound net)
- Basa/Pangasius/Swai
- Cod: Atlantic (gillnet, longline, trawl)
- Cod: Pacific (Japan & Russia)
- Crab (Asia & Russia)
- Lobster: Spiny (Belize, Brazil, Honduras, & Nicaragua)
- Mahi-Mahi (imported)
- Octopus
- Orange Roughy
- Salmon (Canada, Chile, Norway, & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentina, China, India, Indonesia, Japan, & Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole and lines)
- Tuna: Bluefin
- Tuna: Skipjack (imported purse seines & Indian Ocean)
- Tuna: Yellowfin (imported longlines, purse seines, & Indian Ocean)
- Whitefish: Lake (Superior, Wisconsin & Lake Winnipe)

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**How to Use This Guide**

Most of our recommendations aren’t on this guide and exceptions exist. Visit 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 caught or farmed in ways that harm marine life or the environment.

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**Monterey Bay Aquarium Seafood Watch**

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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**Your Choices Matter**

Your choices matter—dining and shopping for popular seafood mean responsible seafood choices. By choosing sustainable seafood, you can make a difference.

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