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.

Take action
ASK
Do you sell sustainable seafood?