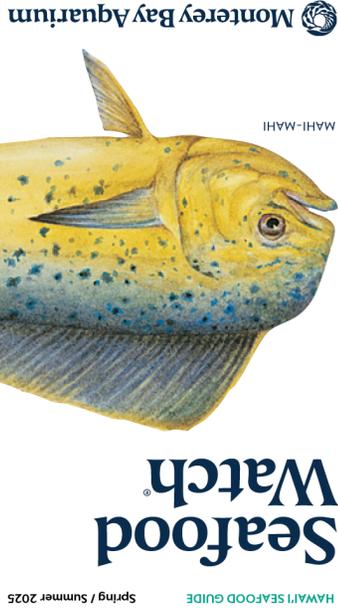


To use your guide: 1. Cut along outer black line
2. Fold on grey lines



Monterey Bay Aquarium
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.

The seafood recommendations in this guide are
credited to the Monterey Bay Aquarium Foundation
©2025. All rights reserved. Printed on 100% recycled
paper, using a process that is 100% carbon neutral.

BEST CHOICE

- Aku/skipjack tuna** (Pacific troll or pole-&-line)
- Arctic char**
- Bass** (farmed from US or Mexico)
- Clams** (farmed)
- Crab: king** (from AK)
- Ika/squid** (from CA)
- Limu/ogo/seaweed** (farmed)
- Mussels** (farmed)
- Ōpae/shrimp** (farmed from US)
- Oysters** (farmed)
- Salmon** (farmed from New Zealand)
- Scallops** (farmed)
- Shutome/swordfish** (US buoy gear, harpoon, or pole-&-line)
- Ta'ape/bluestriped snapper**
- Toau/blacktail snapper**
- Tombo ahi/albacore tuna** (troll or pole-&-line)
- Trout: rainbow** (farmed from US)
- Uku/green jobfish** (from HI)

GOOD ALTERNATIVE

- 'Ahi/bigeye tuna** (from HI)
- 'Ahi/yellowfin tuna** (from US; from Atlantic or Pacific free school)
- Aku/canned tuna** (check label for pole-&-line, troll-caught, FAD-free, or free school)
- Ehu/ruby snapper** (from HI)
- Hapu'upu'u/Hawaiian grouper** (from HI)
- Hebi/shortbill spearfish** (from HI)
- Kajiki/blue marlin** (from HI)
- Mahi-mahi** (from US)
- Onaga/yellowstripe snapper** (from HI)
- Ono/wahoo** (from US Atlantic longline or HI)
- Ōpae/shrimp** (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
- Opah/moonfish** (from HI)
- Ōpakapaka/pink snapper** (from HI)
- Shutome/swordfish** (imported harpoon, pole-&-line; from US gillnet or longline)
- Tilapia** (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
- Yellowtail** (from US gillnet)

AVOID

- 'Ahi/bluefin tuna**
- 'Ahi/aku/tuna** (from Indian Ocean)
- 'Ahi/aku/tuna** (all other options)
- Cod: Atlantic** (gillnet, longline, or trawl)
- He'e/tako/octopus** (imported)
- Ika/squid** (imported)
- Kajiki/blue marlin**
- Mahi-mahi** (imported)
- Ono/wahoo** (imported)
- Ōpae/shrimp** (all other imported options)
- Opah/moonfish** (imported)
- Pāpa'i/crab** (from Asia)
- Pāpa'i/snow crab** (from Canada)
- Puhi/eel** (imported farmed)
- Salmon** (farmed from Canada, Chile, Norway, or Scotland)
- Sharks**
- Shutome/swordfish** (imported longline)
- Tilapia** (from China)
- Tombo/albacore tuna** (imported; except troll or pole-&-line)
- Ula/American lobster** (from US or Canada)
- Unagi/eel**

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.

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 for our full range of seafood guides. Or scan the QR code below.



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 for the full list.

