The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices and help spread the word.

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

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.

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 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.

Best Choices
- Aku/Skipjack Tuna (Pacific trolls, pole and lines)
- Aku/Big-eye Scad (HI nets)
- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Clams (farmed)
- Cockles
- Limu/Ogo/Seaweed (farmed)
- Lionfish (US)
- Mussels (farmed)
- Opale/Shrimp (US farmed)
- Opelu/Mackerel Scad (HI nets)
- Oysters (farmed & Canada)
- Pāpia/Crab: King, Snow & Tanner (AK)
- Salmon (New Zealand)
- Scallops (farmed)
- Shutome/Swordfish (Canada & US buoy, handlines, harpoons)
- Squid: California Market
- Tilapia (Canada, Ecuador, Peru & US)
- Toaū/Blacktail Snapper
- Tombo/Albacore Tuna (trolls, pole and lines)
- Trout (US farmed)

Good Alternatives
- Aku/Bigeye Tuna (free school, trolls, pole and lines, US longlines)
- Aku/Skipjack Tuna (free school, US longlines, imported trolls, pole and lines)
- Clams (US & Canada wild)
- Ehu/Red Snapper (HI)
- Haupuʻu/Hawaiian Grouper (HI)
- Heʻe/Shortbill Spearfish (imported)
- Heʻe/Octopus (Canada, Portugal & Spain pots and traps, HI)
- Kajiki/Blue Marlin
- Mahi Mahi (Peru, Taiwan)
- Mandarin
- Ono/Wahoo (HI)
- Opah/Skipjack Tuna (Pacific trolls, pole and lines)
- Opelu/Mackerel Scad (HI nets)
- Akule/Big-eye Scad (HI nets)
- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Clams (farmed)
- Cockles
- Limu/Ogo/Seaweed (farmed)
- Lionfish (US)
- Mussels (farmed)
- Opale/Shrimp (US farmed)
- Opelu/Mackerel Scad (HI nets)
- Oysters (farmed & Canada)
- Pāpia/Crab: King, Snow & Tanner (AK)
- Salmon (New Zealand)
- Scallops (farmed)
- Shutome/Swordfish (Canada & US buoy, handlines, harpoons)
- Squid: California Market
- Tilapia (Canada, Ecuador, Peru & US)
- Toaū/Blacktail Snapper
- Tombo/Albacore Tuna (trolls, pole and lines)
- Trout (US farmed)

Avoid
- Ahi/Yellowfin Tuna (imported longlines except US)
- Aku/Skipjack Tuna (imported purse seines)
- Bass: Striped (US gillnet, pound net)
- Cod: Atlantic (gillnet, longline, trawl)
- Ehu/Red Snapper (HI)
- Heʻe/Octopus (other imported sources)
- Kajiki/Blue Marlin
- Mahi Mahi (Peru, Taiwan)
- Mandarin
- Ono/Wahoo (HI)
- Opah/Skipjack Tuna (other imported sources)
- Opah/Moonfish (imported)
- Orange Roughy
- Pāpia/Crab (Argentina, Asia & Russia)
- Salmon (Canada Atlantic, Chile, Norway & Scotland)
- Sardines: Atlantic (Mediterranean)
- Squid: Argentine shortfin, Indian, Japanese flying, mitre & swordtip
- Tilapia (China)
- Tombo/Albacore Tuna (imported except trolls, pole and lines)
- Tuna: Atlantic Bluefin (imported longlines)
- Tuna: Pacific & Southern Bluefin
- Uku/Gray Snapper (HI)
- Yellowtail (US gillnets)