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

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.

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

Most of our recommendations, including all eco-certifications, are in this guide. Be sure to check out SeafoodWatch.org for popular seafood when dining and shopping.

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, caught or farmed in ways that harm other marine life or the environment.

Your guide includes:
- Best Choices
- Good Alternatives
- Avoid

Monterey Bay Aquarium Seafood Watch
The Monterey Bay Aquarium Seafood Watch program helps consumers choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.

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