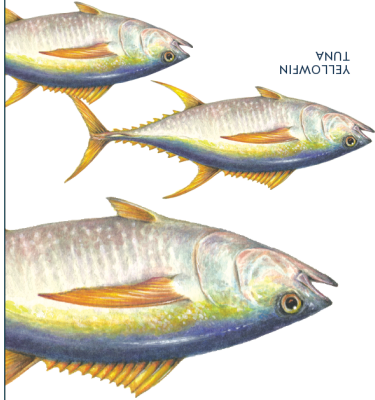


To use your guide:

1. Cut along outer black line
2. Fold on grey lines

NATIONAL SEAFOOD GUIDE Spring / Summer 2025



Monterey Bay Aquarium



BEST CHOICE

Abalone (farmed)
Arctic char
Bass (farmed from US or Mexico)
Catfish (farmed from US)
Clams (farmed)
Cod: Pacific (from AK)
Crab: king (from AK)
Flounder (from AK)
Mussels (farmed)
Oysters (farmed)
Rockfish (from US)
Sablefish/black cod (from AK pots)
Salmon (farmed from New Zealand)
Scallops (farmed)
Seaweed (farmed)
Shrimp (farmed from US)
Sole (from US)
Squid (from CA)
Sturgeon (farmed from US)
Swordfish (from US buoy gear, harpoon, or pole-&-line)
Trout (farmed from US)
Tuna: albacore/white (troll or pole-&-line)
Tuna: skipjack/chunk light (from Pacific troll or pole-&-line)



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.



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GOOD ALTERNATIVE

Clams (wild from US or Canada)
Cod: Atlantic
Lobster: spiny (from US or Mexico)
Mackerel (from Ecuador, Japan, or Morocco)
Mahi-mahi (from US)
Oysters (wild from US)
Sablefish/black cod (from US longline)
Salmon (wild from US)
Salmon: Atlantic (farmed from ME or Faroe Islands)
Sardine (from Japan or Morocco)
Scallops (wild)
Shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
Snapper (from US)
Swordfish (imported harpoon, pole-&-line; from US gillnet or longline)
Squid (from Chile or Peru)
Tilapia (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
Tuna: canned (check label for pole-&-line, troll-caught, FAD-free, or free school)
Tuna: yellowfin/ahi (from US; from Atlantic or Pacific free school)

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.



SeafoodWatch.org

AVOID

Basa/pangasius/swai (imported)
Branzino/seabass (farmed from Mediterranean)
Chilean seabass (from Chile)
Crab (from Asia)
Crab: snow (from Canada)
Eel (imported farmed)
Lobster: American (from US or Canada)
Mahi-mahi (imported)
Octopus
Orange roughy
Salmon (farmed from Canada, Chile, Norway, or Scotland)
Sharks
Shrimp (all other imported options)
Squid (all other imported options)
Swordfish (imported gillnet or longline)
Tilapia (from China)
Trout: rainbow (from Chile)
Tuna: bluefin (farmed/ranching)
Tuna (from Indian Ocean)
Tuna (all other options)

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.



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.