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 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.

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**Best Choices**
- Abalone (farmed)
- Arctic Char (farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (Alaska)
- Crab: King, Snow, & Tanner (Alaska)
- Lionfish (US)
- Mussels (farmed)
- Oysters (farmed)
- Rockfish (Alaska, California, Oregon, & Washington)
- Sablefish/Black Cod (Alaska)
- Salmon (New Zealand)
- Sand dab (California, Oregon, & Washington)
- Scallops (farmed)
- Shrimp (US farmed)
- Squid (CA)
- Sturgeon (US farmed)
- Swordfish (handlines, harpoons)
- Tilapia (Canada, Ecuador, Peru, & US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)

**Good Alternatives**
- Clams (US & Canada wild)
- Cod: Atlantic (handlines, pole and lines)
- Cod: Pacific (Canada & US)
- Crab: Southern King (Argentina)
- Lobster: Spiny (US)
- Mahi-Mahi (US)
- Monkfish (US)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets, & US)
- Salmon: Atlantic (Faroe Islands & Maine farmed)
- Salmon: California, Oregon, & Washington
- Scallops: Sea (wild)
- Shrimp (Canada & US wild, Ecuador, Honduras, & Thailand farmed)
- Squid (Chile & Peru)
- Squid: Jumbo (Chile, China, & Peru)
- Swordfish (US, trolls)
- Tilapia (Colombia, Honduras, Indonesia, Mexico, & Taiwan)
- Trout (Canada & Chile farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (farms, pole and lines, US longlines)
- Tuna: Yellowfin (farms, pole and lines, US longlines)

**Avoid**
- Basa/Pangasius/Swai
- Bass: Striped (US gillnet, pound net)
- Cod: Atlantic (gillnet, longline, trawl)
- Cod: Pacific (Japan & Russia)
- Crab (Asia & Russia)
- Halibut: Atlantic (wild)
- Lobster: Spiny (Belize, Brazil, Honduras, & Nicaragua)
- Mahi-Mahi (imported)
- Orange Roughy
- Octopus
- Pollock (Canada longlines, gillnets, & Russia)
- Salmon (Canada, Chile, Norway, & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentinea, China, India, Indonesia, Japan, & Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole and lines)
- Tuna: Bluefin
- Tuna: Skipjack (imported purse seines & Indian Ocean)
- Tuna: Yellowfin (imported longlines, purse seines, & Indian Ocean)

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**SeafoodWatch.org**

Your choices matter. Ask, “Do you sell sustainable seafood?” Let businesses know it is important to you. Use these recommendations for popular seafood when dining and shopping. Choose Good Alternatives if you can’t find a Best Choice. For your ocean’s sake, buy Best Choices first, choose Good Alternatives, and help businesses choose sustainable seafood. Let businesses know it is important to you. Take action. Your choices matter.