

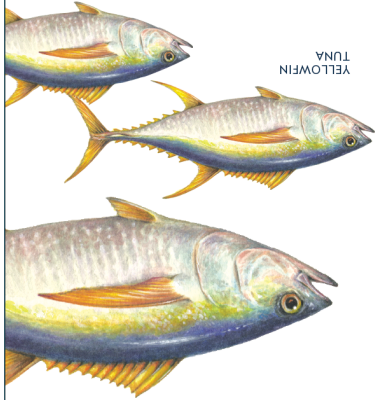


The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

To use your guide:

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

Fall / Winter 2025



YELLOWFIN TUNA

Monterey Bay Aquarium

Seafood Watch

NATIONAL SEAFOOD GUIDE



Monterey Bay Aquarium  
Seafood Watch

The Monterey Bay Aquarium  
Seafood Watch program helps  
consumers and businesses  
choose seafood that support a  
healthy ocean, now and for  
future generations.



The seafood recommendations in this guide are  
credited to the Monterey Bay Aquarium Foundation  
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BEST CHOICE

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

GOOD  
ALTERNATIVE

Clams (wild from U.S. or Canada)  
Cod: Atlantic (from U.S. pole-&-line)  
Lobster: spiny (from U.S. or Mexico)  
Mackerel (from Chile, Japan, or Morocco)  
Mahi-mahi (from U.S.)  
Oysters (wild from U.S.)  
Sablefish/black cod  
Salmon (wild from U.S.)  
Salmon: Atlantic (farmed from ME or  
Faroe Islands)  
Sardines (from Japan or Morocco)  
Scallops (wild)  
Shrimp (wild from U.S. or Canada; farmed  
from Ecuador, Honduras, or Thailand)  
Snapper (from U.S.)  
Swordfish (from U.S. gillnet or longline)  
Squid (from Chile or Peru)  
Tilapia (from Colombia, Honduras, Indonesia,  
Mexico, or Taiwan)  
Tuna: canned (from Atlantic or Pacific troll,  
pole-&-lines, or FAD-free purse seines)  
Tuna: yellowfin/ahi (from U.S.; from Atlantic  
pole-&-line, from Atlantic or Pacific FAD-  
free purse seines)

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 U.S. 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)  
Tuna: bluefin (farmed/ranchd)  
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 to visit our  
National guide.



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](https://SeafoodWatch.org).

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