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

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.

Your choices matter
You can make a difference for our ocean by making responsible seafood choices.

Visit SeafoodWatch.org for up-to-date guides and our complete list of recommendations.

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Basa/Pangasius/Swai
Cod: Atlantic (gillnet, longline, trawl)
Cod: Pacific (Japan)
Crab (other imported sources)
Halibut: Atlantic (wild)
Lobster: American (Canada, US)
Lobster: Spiny (Belize, Brazil, Honduras, Nicaragua)
Mahi-mahi (imported)
Octopus
Pollock (Canada trawls, US gillnets)
Salmon (Canada, Chile, Norway, Scotland)
Swordfish (other imported longlines)
Tilapia (China)
Tilapia (imported except trolls, pole & lines)
Tuna: Albacore (US longlines)
Tuna: Albacore (US longlines, pole & lines)
Tuna: Yellowfin (free school, trolls, pole & lines, US longlines)

Bassa/Pangasius/Swai
Cod: Atlantic (gillnet, longline, trawl)
Cod: Pacific (Japan)
Crab: Snow (Canada)
Halibut: Atlantic (wild)
Lobster: American (Canada, US)
Lobster: Spiny (Belize, Brazil, Honduras, Nicaragua)
Mahi-mahi (imported)
Octopus
Pollock (Canada trawls, US gillnets)
Salmon (Canada, Chile, Norway, Scotland)
Swordfish (other imported longlines)
Tilapia (China)
Tilapia (imported except trolls, pole & lines)
Tuna: Albacore (US longlines)
Tuna: Albacore (US longlines, pole & lines)
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Clams (US, Canada wild)
Cod: Atlantic (handlines, pole & 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 except gillnet)
Salmon: Atlantic (Faroe Islands, Maine farmed)
Salmon: Atlantic (Oregon, Washington)
Scallops (wild)
Shrimp (Canada US wild; Ecuador, Honduras & Thailand farmed)
Squid: Jumbo (China, Chile, Peru)
Swordfish (US, trolls)
Tilapia (Colombia, Honduras, Indonesia, Mexico, Taiwan)
Tuna: Albacore (US longlines)
Tuna: Albacore (US longlines, pole & lines)
Tuna: Yellowfin (free school, trolls, pole & lines, US longlines)

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Cod: Pacific (Canada, US)
Crab: Southern king (Argentina)
Lobster: Spiny (US)
Mahi-mahi (US)
Monkfish (US)
Oysters (US wild)
Pollock (Canada longlines, gillnets, US except gillnet)
Salmon: Atlantic (Faroe Islands, Maine farmed)
Salmon: Atlantic (Oregon, Washington)
Scallops (wild)
Shrimp (Canada US wild; Ecuador, Honduras & Thailand farmed)
Squid: Jumbo (China, Chile, Peru)
Swordfish (US, trolls)
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