### 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)
- Sabrefish/Black cod (Alaska)
- Salmon (New Zealand)
- Sand dab (California, Oregon, & Washington)
- Scallop (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 wild)
- 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: Jumbo (China, Chile, & Peru)
- Swordfish (US, trolls)
- Tilapia (Colombia, Honduras, Indonesia, Mexico, & Taiwan)
- Trout (Canada & Chile farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
- Tuna: Yellowfin (free school, trolls, 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 trawls & Russia)
- Salmon: Atlantic (Japan & Russia)
- Salmon (Canada, Chile, Norway, & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentina, China, India, Indonesia, Japan, & Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole and lines)
- Tuna: Skipjack (imported purse seines & Indian Ocean)
- Tuna: Yellowfin (imported longlines, purse seines, & Indian Ocean)

---

**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.

---

*Printed on 100% recycled paper, using a process that is 100% carbon neutral.*