

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



National Consumer Guide
March - August 2024

YELLOWFIN TUNA

BEST CHOICES

- Abalone (farmed)
- Arctic char
- Bass (farmed from US)
- Catfish (farmed from US)
- Clams (farmed)
- Cod: Pacific (from AK)
- Crab: king (from AK)
- Lionfish (from US)
- Mussels (farmed)
- Oysters (farmed)
- Rockfish (from US)
- Salmon (farmed from New Zealand)
- Sanddab (from US)
- Scallops (farmed)
- Shrimp (farmed from US)
- Squid (from CA)
- Sturgeon (farmed from US)
- Swordfish (from US buoy gear, harpoon, or pole-&-line)
- Tilapia (from Ecuador or Peru)
- Trout (farmed from US)
- Tuna: albacore/white (troll or pole-&-line)
- Tuna: skipjack/chunk light (from Pacific troll or pole-&-line)

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.



Monterey Bay Aquarium

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GOOD ALTERNATIVES

- Clams (wild from US or Canada)
- Cod: Atlantic (from US pole-&-line)
- Cod: Pacific (from OR, WA, or Canada)
- Lobster: spiny (from US)
- Mahi mahi (from US)
- Oysters (wild from US)
- Pollock (from US trawl or pole-&-line; from Canada longline or gillnet)
- Sablefish/black cod (from US)
- Salmon (from CA, OR, or WA)
- Salmon: Atlantic (farmed from ME)
- Sardine (from Japan or Morocco)
- Scallops (wild)
- Shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
- Snapper (from US)
- Squid: jumbo (from Chile, China, or Peru)
- Swordfish (imported harpoon, troll, pole-&-line; from US gillnet or longline)
- 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 (free school; from US longline; troll or pole-&-line)

Take action

ASK "Do you sell sustainable seafood?" Let businesses know it is important to you.

BUY Best Choices 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)
- Cod: Atlantic (gillnet, longline, or trawl)
- Crab (from Asia)
- Crab: snow (from Canada)
- Lobster: American (from US or Canada)
- Mahi-mahi (imported)
- Octopus
- Orange roughy
- Pollock (from US gillnet or Canada trawl)
- Salmon (farmed from Canada, Chile, Norway, or Scotland)
- Sharks
- Shrimp (all other imported options)
- Squid (all other imported options)
- Swordfish (imported longline)
- Tilapia (from China)
- Trout: rainbow (from Chile)
- Tuna: bluefin
- 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 up-to-date guides and our complete list of recommendations. Or scan the QR code below.



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.