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US NORTHEAST SEAFOOD GUIDE Spring / Summer 2025

Seafood Watch®



Monterey Bay Aquarium



Monterey Bay Aquarium
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.



The seafood recommendations in this guide are
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BEST CHOICE

Bass (farmed from US or Mexico)
Bluefish (from US pole-&-line)
Catfish (farmed from US)
Clams (farmed)
Crab: blue (from MD trotline)
Crab: king (from AK)
Drum: red (farmed from US)
Flounder: summer (from US handline)
Lionfish
Mussels (farmed)
Oysters (farmed)
Sablefish/black cod (from AK pots)
Salmon (farmed from New Zealand)
Scallops (farmed)
Seaweed (farmed)
Shrimp (farmed from US)
Squid (from CA)
Swordfish (from US buoy gear, harpoon, or pole-&-line)
Tilefish: blue (from Atlantic)
Trout: rainbow (farmed from US)
Tuna: albacore/white (troll or pole-&-line)
Tuna: skipjack/chunk light (from Pacific troll or pole-&-line)

GOOD ALTERNATIVE

Bass: striped (wild from US)
Clams (wild from US or Canada)
Cod: Atlantic
Crab: blue (from AL, DE, MD, or NJ pot)
Haddock
Hake: silver (from US)
Mackerel (from Ecuador, Japan, or Morocco)
Mahi-mahi (from US)
Monkfish (from US)
Oysters (wild from US)
Sablefish/black cod (all other gear types)
Salmon: Atlantic (farmed from ME or Faroe Islands)
Shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
Snapper (from US)
Swordfish (imported harpoon, pole-&-line; from US gillnet or longline)
Squid (from Chile or Peru)
Tilapia (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
Trout: rainbow (from Canada)
Tuna: canned (check label for pole-&-line, troll-caught, FAD-free, or free school)
Tuna: yellowfin/ahi (from US; from Atlantic or Pacific free school)

AVOID

Branzino/seabass (farmed from Mediterranean)
Chilean seabass (from Chile)
Cod: Atlantic (from US or Canada)
Crab (from Asia)
Crab: Atlantic rock, Jonah (from US or Canada)
Crab: blue (all other US sources)
Crab: snow (from Canada)
Eel (imported farmed)
Lobster: American (from US 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
Tuna (from Indian Ocean)
Tuna (all other options)

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.

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.



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 below.

