## Best Choices
- Bass (US farmed)
- Bluefish (US handlines)
- Catfish (US)
- Clams (farmed)
- Crab: Blue (Maryland trotline)
- Crab: King, Snow & Tanner (Alaska)
- Croaker: Atlantic (beach seines)
- Flounder: Summer (US handlines)
- Lionfish (US)
- Mussels (farmed)
- Oysters (farmed)
- Salmon (New Zealand)
- Scallops (farmed)
- Seaweed (farmed)
- Squid (US farmed)
- Swordfish (handlines, harpoons)
- Tilapia (Canada, Ecuador, Peru, & US)
- Tilefish: Blue (Atlantic)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)

## Good Alternatives
- Bluefish (US gillnets and trawls)
- Clams (US & Canada wild)
- Cod: Atlantic (handlines, pole and lines)
- Crab: Atlantic rock (Canada & Massachusetts)
- Crab: Blue (Alabama, Delaware, Maryland, & New Jersey pots)
- Flounder: Summer (US trawls)
- Haddock
- Hake: Silver & White (US)
- Mahi-mahi (US)
- Monkfish (US)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets, & US)
- Salmon: Atlantic (Faroe Islands & Maine farmed)
- Shrimp (Canada & US wild, Ecuador, Honduras, & Thai farmed)
- Squid: Jumbo (Chile, China, & Peru)
- Swordfish (US, trolls)
- Tilefish: Blue (Gulf of Mexico)
- Trout (Canada & Chile farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
- Tuna: Yellowfin (free school, troll, pole and lines, US longlines)

## Avoid
- Bass: Striped (US gillnet, pound net)
- Branzino (Mediterranean farmed)
- Cod: Atlantic (gillnet, pole and lines)
- Crab: Asia & Russia
- Crab: Atlantic rock (US, except Massachusetts)
- Crab: Blue (other US sources)
- Halibut: Atlantic (wild)
- Mahi-mahi (imported)
- Orange roughy
- Pollock (Canada trawls & 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: Bluefin
- 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.

### 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.

### Your Choices Matter
Choosing and shopping: Use these recommendations and visit SeafoodWatch.org for responsible seafood choices.

For our ocean: By making healthy, local, and sustainable seafood choices, you can make a difference in reducing fishing and farming practices, and helping our oceans and sea life thrive.

For the full list of recommendations, and for other seafood choices, visit SeafoodWatch.org to help protect our oceans and the species that live in them. Let’s do our part to ensure our seas are healthy and full of life for years to come.