

To use your guide:
 1. Cut along outer black line
 2. Fold on grey lines



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BEST CHOICE +

- Bass** (farmed from US)
- 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** (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** (from US pole-&-line)
- Crab: blue** (from AL, DE, MD, or NJ pot)
- Haddock**
- Hake: silver** (from US)
- Mahi-mahi** (from US)
- Monkfish** (from US)
- Oysters** (wild from US)
- Pollock** (from US trawl or pole-&-line; from Canada longline or gillnet)
- Sablefish/black cod** (all other gear types)
- Salmon: Atlantic** (farmed from ME)
- Sardine** (from Japan or Morocco)
- Shrimp** (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
- Snapper** (from US)
- Swordfish** (imported harpoon, troll, pole-&-line; from US gillnet or longline)
- 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 x

- Branzino/seabass** (farmed from Mediterranean)
- Chilean seabass** (from Chile)
- Cod: Atlantic** (gillnet, longline, or trawl)
- Crab** (from Asia)
- Crab: Atlantic rock, Jonah** (from US or Canada)
- Crab: blue** (all other US sources)
- 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** (imported)
- 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.
- x **AVOID**
Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

Visit SeafoodWatch.org for the full list of over 2,000 recommendations.



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.