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.

**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. Your choices matter.

**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.

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**Best Choices**
- Bass (US farmed)
- Bluefish (US handlines)
- Catfish (US)
- Clams (farmed)
- Cockles
- Crab: Blue (Maryland trotline)
- Crab: King, Snow & Tanner (Alaska)
- Croaker: Atlantic (beach seine)
- Flounder: Summer (US trawls)
- Haddock
- Hake: Silver & White (US)
- Monkfish (US)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets, & US)
- Squid: Jumbo (Chile, China, & Peru)
- Swordfish (US, trolls)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole and lines)
- Tuna: Yellowfin (free school, troll, pole and lines, US longlines)

**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)
- Squid (California)
- Swordfish (handlines, harpoons)
- Tilapia (Canada, Ecuador, Peru, & US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)

**Avoid**
- Bass: Striped (US gillnet, pound net)
- Branzino (Mediterranean farmed)
- Cod: Atlantic (gillnet, pound net)
- Crab: Blue (other US sources)
- Halibut: Atlantic (troll, pole and lines)
- Mahi-Mahi (imported)
- Orange Roughy
- Pollock (Canada trawls & Russia)
- Salmon (Canada, Chile, & Norwegian)
- 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)

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SeafoodWatch.org

Visit SeafoodWatch.org for the full list of recommendations and responsible seafood choices. If you can’t find a best choice, choose good alternatives.

**Ask Yourself**
- What’s this seafood? Is it farmed or fished?
- How is it caught or farmed?
- Who’s responsible for this seafood?
- Is it a sustainable choice?
- Is it a healthy choice for the ocean?

**Your Choices Matter**

When choosing seafood, you have the power to make a difference. Your choices can help protect the ocean and its inhabitants.

Food is a powerful tool to reduce the impact of seafood consumption on the environment. By choosing seafood that is sustainably and responsibly caught or farmed, you can help protect the ocean and its inhabitants.

**Take Action**

- **Buy Local:** Support local fishermen and farmers by choosing seafood that is sustainably and responsibly caught or farmed.
- **Eat Seasonal:** Choose seafood that is in season to support local fishermen and farmers.
- **Reduce, Reuse, Recycle:** Reduce the amount of seafood you consume, reuse any leftovers, and recycle when possible.

Your choices matter. Use your guide to make responsible choices and help protect the ocean and its inhabitants.