**Best Choices**
- Bass (US farmed)
- Catfish (US)
- Clams (US, Canada wild)
- Cod (Atlantic, handlines, pole & lines)
- Crab (Blue, Maryland trotline)
- Flounder: Summer (US handlines)
- Haddock
- Hake: Silver (US)
- Mahi-mahi (US)
- Monkfish (US)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets, US except gillnet)
- Salmon: Atlantic (Faroe Islands, Maine farmed)
- Squid: Jumbo, squid (Chile, China, Peru)
- Swordfish: Atlantic (sharks, US, trolls)
- Tilefish: Blue (Gulf of Mexico)
- Trout: Canada farmed
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole & lines)
- Tuna: Yellowfin (free school, troll, pole & lines, US longlines)

**Good Alternatives**
- Branzino (Mediterranean farmed)
- Cod: Atlantic (gillnet, longline, trawl)
- Crab (Asia)
- Crab: Atlantic rock, Jonah (US, Canada)
- Crab: Blue (other US sources)
- Crab: Snow (Canada)
- Halibut: Atlantic (wild)
- Lobster: American (Canada, US)
- Mahi-mahi (imported)
- Orange roughy
- Pollock (Canada trawls, US gillnets)
- Salmon: Atlantic (sharks, US)
- Squid (Argentina, China, Indonesia, Japan, Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole & lines)
- Tuna: Bluefin
- Tuna: Skipjack (imported purse seines, Indian Ocean)
- Tuna: Yellowfin (imported longlines, purse seines, Indian Ocean)

**Avoid**
- Bass (US farmed)
- Catfish (US)
- Clams (US, Canada wild)
- Cod: Atlantic (handlines, pole & lines)
- Crab: Blue (Alabamian, Delhi, Maryland & New Jersey pots)
- Flounder: Summer (US trawls)
- Haddock
- Hake: Silver (US)
- Mahi-mahi (US)
- Monkfish (US)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets, US except gillnet)
- Salmon: Atlantic (Faroe Islands, Maine farmed)
- Squid: Jumbo (Chile, China, Peru)
- Swordfish: US, trolls
- Tilefish: Blue (Gulf of Mexico)
- Trout: Canada farmed
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole & lines, US longlines)
- Tuna: Yellowfin (free school, troll, pole & lines, US longlines)

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**Seafood Watch**

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices and engage with others to spread the word.

**Consumer Guide**

The seafood recommendations in this guide are based on the latest science. To learn about the ocean, visit SeafoodWatch.org.

**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?
- what do you sell sustainable seafood?

BUY
- best choices first.
- good alternatives if you can’t find a best choice.

CHOOSE
- good alternatives if you can’t find a best choice and visit SeafoodWatch.org for the full list.

**Your choices matter**

Dining and shopping responsibly supports sustainable seafood options. If you can’t find a best choice, choose good alternatives. You can make a difference.

**SeafoodWatch.org**

This guide is a tool for consumers and businesses to make ocean-friendly seafood choices and engage with others to spread the word.