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.

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

### Best Choices
- Bass (US farmed)
- Bluefish (US gillnets and trawls)
- Bass: Striped (US gillnet, pound net)
- Bluefish (US handlines)
- Clams (US & Canada wild)
- Branzino (Mediterranean farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Crab: Blue (MD trotline)
- Crab: Blue (US farmed)
- Crab: King, Snow & Tanner (AK)
- Croaker: Atlantic (beach seine)
- Lionfish (US)
- Mussels (farmed)
- Oysters (farmed)
- Salmon (New Zealand)
- Scallops (farmed)
- Seaweed (farmed)
- Shrimp (US farmed)
- Squid (CA)
- Swordfish (handlines, harpoons)
- Tilapia (Canada, Ecuador, Peru & US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)

### Good Alternatives
- Bluefish (US gillnets and trawls)
- Bass (US & Canada wild)
- Crab: Atlantic (gillnets, pole and lines)
- Crab: Blue (AL, DE, MD & NJ pots)
- Crab: Southern King (Argentina)
- Haddock
- Hake: Silver (US)
- Lobster: Spiny (US)
- Mahi Mahi (Costa Rica, Ecuador, Panama & US longlines)
- Monkfish (US)
- Oysters (US wild)
- Pollock (Canada longlines, gillnets & US)
- Salmon: Atlantic {BC & ME farmed}
- Salmon (CA, OR & WA)
- Squid: Jumbo (China)
- Swordfish (US, trolls)
- Tilapia (Canada & CH farmed)
- Trout (US farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole and lines)
- Tuna: Yellowfin (free school, pole and lines, US longlines)

### Avoid
- Bass: Striped (US gillnet, pound net)
- Branzino (Mediterranean farmed)
- Cod: Atlantic (gillnet, longline, trawl)
- Crab (Asia & Russia)
- Crab: Atlantic Rock (US, except MA)
- Crab: Blue (FL, GA, LA, MS, NC, SC, TX & VA)
- Halibut: Atlantic (wild)
- Mahi Mahi (Peru & Taiwan)
- Orange Roughy
- Pollock (Canada trawls & Russia)
- Salmon (Canada Atlantic, Chile, Norway & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentina, China, 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, including all eco-certifications, aren’t on this guide. Be sure to check out 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 overfished, lack strong management or are caught or farmed in ways that harm other marine life or the environment.