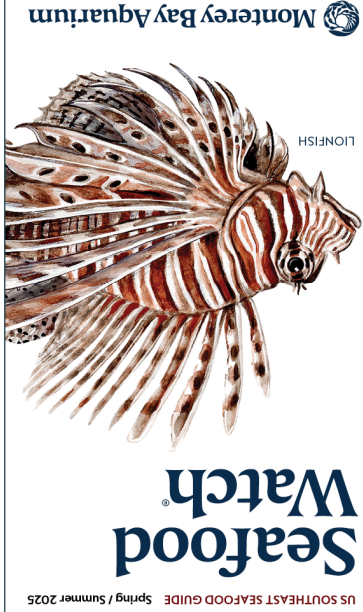


**To use your guide:**  
1. Cut along outer black line  
2. Fold on grey lines



## BEST CHOICE

**Bass** (farmed from US or Mexico)  
**Catfish** (farmed from US)  
**Clams** (farmed)  
**Cod: Pacific** (from AK)  
**Crab: blue** (from MD trotline)  
**Crab: king** (from AK)  
**Crawfish** (farmed from US)  
**Lionfish**  
**Mullet: striped** (from US)  
**Mussels** (farmed)  
**Oysters** (farmed)  
**Sablefish/black cod** (from AK pots)  
**Shrimp** (farmed from US)  
**Snapper: mutton** (from US dive or handline)  
**Squid** (from CA)  
**Sturgeon** (farmed from US)  
**Swordfish** (from US buoy gear, harpoon, or pole-&-line)  
**Tilefish: blue** (from Atlantic)  
**Trout: rainbow** (farmed from US)  
**Tuna: albacore** (troll or pole-&-line)  
**Tuna: skipjack** (Pacific troll or pole-&-line)  
**Wahoo** (from US Atlantic pole-&-line)  
**Wreckfish**

## GOOD ALTERNATIVE

**Clams** (wild from US or Canada)  
**Cod: Atlantic**  
**Conch** (from US)  
**Crab: blue** (from AL, DE, MD, or NJ pot)  
**Crawfish** (wild from LA)  
**Grouper: red** (from US)  
**Lobster: spiny** (from US or Mexico)  
**Mackerel** (from Ecuador, Japan, or Morocco)  
**Mahi-mahi** (from US)  
**Oysters** (wild from US)  
**Pompano** (from US)  
**Sablefish/black cod** (all other gear types)  
**Salmon: Atlantic** (farmed from ME or Faroe Islands)  
**Shrimp** (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)  
**Snapper** (from US)  
**Swordfish** (imported harpoon, pole-&-line; from US gillnet or longline)  
**Tilapia** (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)  
**Tilefish: blue** (from Gulf of Mexico)  
**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

**Branzino/seabass** (farmed from Mediterranean)  
**Chilean seabass** (from Chile)  
**Cod: Atlantic** (from US or Canada)  
**Conch** (imported)  
**Crab** (from Asia)  
**Crab: blue** (other US options)  
**Crab: snow** (from Canada)  
**Crab: stone** (from FL)  
**Crawfish** (from China)  
**Lobster: American** (from US or Canada)  
**Mahi-mahi** (imported)  
**Octopus**  
**Orange roughy**  
**Salmon** (farmed from Canada, Chile, Norway, or Scotland)  
**Sharks**  
**Shrimp** (all other imported options)  
**Squid** (imported)  
**Swordfish** (imported gillnet or longline)  
**Tilapia** (from China)  
**Trout: rainbow** (from Chile)  
**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.

### AVOID

Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

This list does not reflect all recommendations, exceptions may apply. View the full list on [SeafoodWatch.org](https://SeafoodWatch.org).

  
**Monterey Bay Aquarium Seafood Watch**  
The Monterey Bay Aquarium chooses seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.

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## 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](https://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](https://SeafoodWatch.org) for our full range of seafood guides. Or scan the QR code below.

