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.

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.

Take action
ASK “Do you sell sustainable seafood?” Let businesses know it’s important to you.

BUY Best Choices first.
CHOOSE Good Alternatives if you can’t find a Best Choice and visit SeafoodWatch.org for the full list.

©2023. All rights reserved.
Printed on 100% recycled paper, using a process that is 100% carbon neutral.

SeafoodWatch.org
Monterey Bay Aquarium