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.

### Use Your Guide

1. Cut along outer black line
2. Fold on grey lines

#### Consumer Guide

**BEST CHOICES**

- Bass (US farmed)
- Clams (US & Canada wild)
- Bass: Striped (US gillnet, pound net)
- Catfish (US)
- Cod: Atlantic (handlines, pole and lines)
- Branzino (Mediterranean farmed)
- Most of our recommendations, Clams (farmed)
- Cockles
- Cod: Pacific (AK)
- Conch (US)
- Crawfish (LA wild)
- Crab: Blue (AK, MD & NJ pots)
- Crab: King, Snow & Tanner (AK)
- Crawfish (US farmed)
- Lionfish (US)
- Conch (imported)
- Crab (Asia & Russia)
- Crab: Blue (FL, GA, LA, MS, NC, SC, TX & VA)
- Crab: Stone (FL)
- Crawfish (China)
- Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
- Mahi Mahi (Costa Rica, Ecuador, Panama & US longlines)
- Salmon: Atlantic (BC & ME farmed)
- Salmon (CA, OR & WA)
- Salmon (New Zealand)
- Shrimp (US farmed)
- Shrimp (other imported sources)
- Squid (CA)
- Squid (Jumbo (China)
- Squid (other imported sources)
- Swordfish (US, trolls)
- Swordfish (handlines, harpoons)
- Tilapia (Canada, Ecuador, Peru & US)
- Tilapia (Colombia, Honduras, Israel, Panama & US farmed)
- Tilapia (China)
- Tilapia (other imported sources)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported purse seines & Indian Ocean)
- Wahoo (US Atlantic pole and lines)

**GOOD ALTERNATIVES**

- Mullet: Striped (US)
- Oysters (US wild)
- Mahi Mahi (Peru & Taiwan)
- Buy, but be aware there are concerns with how they’re caught, farmed or managed.
- Mussels (farmed)
- Oysters (farmed)
- Salmon: Atlantic (gillnet, longline, trawl)
- Conch (imported)
- Crab: Blue (MD trotline)
- Crab: Southern King (Argentina)
- Squid (Argentina, China, India, Indonesia, Japan & Thailand)
- Squid (other imported sources)
- Swordfish (imported longlines)
- Tuna: Albacore (trolls, pole and lines, US longlines)
- Tuna: Skipjack (free school, imported purse seines & Indian Ocean)
- Tuna: Yellowfin (imported longlines, purse seines & Indian Ocean)
- Tuna: Albacore (imported except trolls, pole and lines, US longlines)
- Tuna: Bluefin Tuna: Skipjack (imported purse seines & Indian Ocean)
- Tuna: Albacore (imported pole and line)
- Tuna: Skipjack (imported pole and line)
- Tuna: Yellowfin (imported longlines, purse seines & Indian Ocean)
- Tuna: Albacore (imported pole and line, pole and lines, US longlines)
- Tuna: Skipjack (imported pole and line, pole and lines, US longlines)
- Tuna: Yellowfin (imported longlines, purse seines & Indian Ocean)

**AVOID**

- Bass (US, Alaska, India, Japan & Mexico)
- Cod: Atlantic (gillnet, longline, trawl)
- Crab: Blue (AK, MO & NJ pots)
- Crab: Blue (LA, ACS, NC, SC, TX & VA)
- Crab: Blue (FL, GA, LA, MS, NC, SC, TX & VA)
- Crab: Stone (FL)
- Crawfish (China)
- Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
- Mahi Mahi (Costa Rica, Ecuador, Panama & US longlines)
- Salmon: Atlantic (BC & ME farmed)
- Salmon (CA, OR & WA)
- Salmon (New Zealand)
- Shrimp (US farmed)
- Shrimp (other imported sources)
- Squid (CA)
- Squid (Jumbo (China)
- Squid (other imported sources)
- Swordfish (US, trolls)
- Swordfish (handlines, harpoons)
- Tilapia (Canada, Ecuador, Peru & US)
- Tilapia (Colombia, Honduras, Israel, Panama & US farmed)
- Tilapia (China)
- Tilapia (other imported sources)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (free school, imported purse seines & Indian Ocean)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported purse seines & Indian Ocean)
- Wahoo (US Atlantic pole and lines)

**Your Choices Matter**

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping. For the full list, visit us at SeafoodWatch.org.