### BEST CHOICES
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (Alaska)
- Crab: Blue (Maryland trotline)
- Crawfish (US farmed)
- Lionfish (US)
- Mullet: Striped (US)
- Musseys (farmed)
- Oysters (farmed)
- Salmon (New Zealand)
- Shrimp (US farmed)
- Snapper: Mutton (US diving, handlines)
- Squid (California)
- Steurgeon (US farmed)
- Swordfish (handlines, harpoons)
- Tilapia (Canada, Ecuador, Peru & US)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific trolls, pole and lines)
- Wahoo (US Atlantic pole and lines)
- Wreckfish

### GOOD ALTERNATIVES
- Clams (US & Canada wild)
- Cod: Atlantic (handlines, pole and lines)
- Conch (US)
- Crawfish (Louisiana wild)
- Crab: Blue (Alabama, Delaware, Maryland, & New Jersey pots)
- Grouper: Red (US)
- Lobster: Spiny (US)
- Mahi-Mahi (US)
- Oysters (US wild)
- Pompano (US)
- Salmon: Atlantic (Faroe Islands & Maine farmed)
- Salmon (California, Oregon, & Washington)
- Shrimp (Canada & US wild, Ecuador, Honduras, & Thailand farmed)
- Snapper (US)
- Squid: Jumbo (Chile, China & Peru)
- Swordfish (US, trolls)
- Tilapia (Bolivia, Honduras, Indonesia, Mexico, & Taiwan)
- Trout (Canada & Chile farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
- Tuna: Yellowfin (free school, trolls, pole and lines, US longlines)

### AVOID
- Bass: Striped (US gillnet, pound net)
- Branzino (Mediterranean farmed)
- Cod: Atlantic (gillnet, pound lines)
- Conch (imported)
- Crable (Asia & Russia)
- Crab: Blue (other US sources)
- Crab: Stone (Florida)
- Crawfish (China)
- Lobster: Spiny (Belize, Brazil, Honduras, & Nicaragua)
- Mahi-Mahi (imported)
- Orange Roughy
- Salmon (Canada, Chile, Norway, & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentina, China, India, 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 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?” Let businesses know it is important to you.
- **BUY** Best choices first. If you can’t find a best choice, choose good alternatives.
- **CHOOSE** good alternatives.
- **Q&T** “Do you sell unsustainable seafood?” Let businesses know it is important to you.
- Use these recommendations responsibly. For our ocean to thrive, we all need to make a difference.

### Your Choices Matter

Monterey Bay Aquarium Seafood Watch helps consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Your choices matter. For popular seafood when dining and shopping, use these recommendations responsibly. For our ocean to thrive, we all need to make a difference.