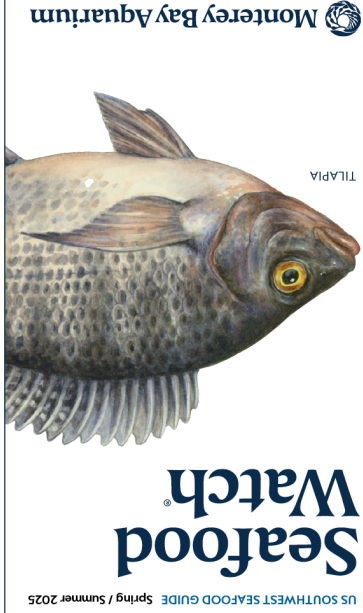


**To use your guide:**

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



**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.

The seafood recommendations in this guide are  
credited to the Monterey Bay Aquarium Foundation  
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paper, using a process that is 100% carbon neutral.

## 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 for  
the full list.



**SeafoodWatch.org**

## 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 for our  
full range of seafood guides. Or  
scan the QR code below.



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

## 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.

## AVOID

**Basa/pangasius/swai**  
**Branzino/seabass** (farmed from  
Mediterranean)  
**Chilean seabass** (from Chile)  
**Cod: Atlantic** (gillnet, longline, or trawl)  
**Crab** (from Asia)  
**Crab: snow** (from Canada)  
**Eel** (imported farmed)  
**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)

## GOOD ALTERNATIVE

**Clams** (wild from US or Canada)  
**Crab: southern king** (from Argentina)  
**Drum: black** (from US)  
**Flounder: southern** (from US)  
**Lobster: spiny** (from US or Mexico)  
**Mackerel** (from Ecuador, Japan, or Morocco)  
**Mahi-mahi** (from US)  
**Oysters** (wild from US)  
**Sablefish/black cod** (all other gear types)  
**Salmon** (wild from US)  
**Salmon: Atlantic** (farmed from ME or  
Faroe Islands)  
**Sardine** (from Japan or Morocco)  
**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)  
**Trout: rainbow** (from Canada)  
**Tuna: bigeye** (from HI)  
**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)

## BEST CHOICE

**Arctic char**  
**Bass** (farmed from US or Mexico)  
**Catfish** (farmed from US)  
**Clams** (farmed)  
**Cod: Pacific** (from AK)  
**Crab: king** (from AK)  
**Lionfish**  
**Lobster: spiny** (from Mexico)  
**Mussels** (farmed)  
**Oysters** (farmed)  
**Rockfish** (from US)  
**Sablefish/black cod** (from AK pots)  
**Salmon** (farmed from New Zealand)  
**Scallops** (farmed)  
**Seaweed** (farmed)  
**Shrimp** (farmed from US)  
**Sole** (from US)  
**Squid** (from CA)  
**Swordfish** (from US buoy gear, harpoon, or  
pole-&-line)  
**Trout: rainbow** (farmed from US)  
**Tuna: albacore/white** (troll or pole-&-line)  
**Tuna: skipjack/chunk light** (Pacific troll or  
pole-&-line)