

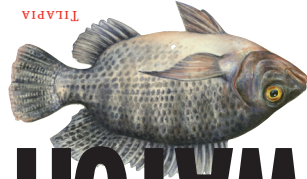
The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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



Monterey Bay Aquarium

Seafood WATCH



TILAPIA

**Southwest
Consumer Guide**
March - August 2023

BEST CHOICES

- Arctic char (farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (Alaska)
- Lionfish (US)
- Lobster: Spiny (Mexico)
- Mussels (farmed)
- Oysters (farmed)
- Rockfish (Alaska, California, Oregon, Washington)
- Sablefish/Black cod (Alaska)
- Salmon (New Zealand)
- Scallops (farmed)
- Seaweed (farmed)
- Shrimp (US farmed)
- Sole (US)
- Squid (CA)
- Swordfish (handlines, harpoons; US buoy gear)
- Tilapia (Canada, Ecuador, Peru, US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole & lines)
- Tuna: Skipjack (Pacific trolls, pole & lines)

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.



Monterey Bay Aquarium

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2023. All rights reserved.

GOOD ALTERNATIVES

- Clams (US, Canada wild)
- Cod: Pacific (Canada, US)
- Crab: Southern king (Argentina)
- Lobster: Spiny (US)
- Mahi-mahi (US)
- Oysters (US wild)
- Sablefish/Black cod (Canada wild)
- Salmon: Atlantic (Faroe Islands, Maine farmed)
- Salmon (California, Oregon, Washington)
- Shrimp (Canada & US wild; Ecuador, Honduras & Thailand farmed)
- Squid (Chile, Peru)
- Squid: Jumbo (Chile, China, Peru)
- Swordfish (US, trolls)
- Tilapia (Colombia, Honduras, Indonesia, Mexico, Taiwan)
- Trout (Canada farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole & lines, US longlines)
- Tuna: Yellowfin (free school, trolls, pole & lines, US longlines)

Take action

ASK "Do you sell sustainable seafood?" Let businesses know it is 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.



SeafoodWatch.org

AVOID

- Basa/Pangasius/Swai
- Branzino (Mediterranean farmed)
- Cod: Atlantic (gillnet, longline, trawl)
- Cod: Pacific (Japan)
- Crab (Asia)
- Crab: Snow (Canada)
- Halibut: Atlantic (wild)
- Lobster: American (Canada, US)
- Lobster: Spiny (Belize, Brazil, Honduras, Nicaragua)
- Mahi-mahi (imported)
- Octopus
- Orange roughy
- Salmon (Canada, Chile, Norway, Scotland)
- Shrimp (other imported sources)
- Squid (Argentina, China, India, Indonesia, Japan, Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole & lines)
- Tuna: Bluefin
- Tuna: Skipjack(imported purse seines, Indian Ocean)
- Tuna: Yellowfin (imported longlines, purse seines, Indian Ocean)

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.

Printed on 100% recycled paper, using a process that is 100% carbon neutral.

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.