### BEST CHOICES
- Arctic Char (farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (Alaska)
- Crab: King, Snow & Tanner (Alaska)
- Lionfish (US)
- Lobster: Spiny (Mexico)
- Muscles (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)
- Tilapia (Canada, Ecuador, Peru, & US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole and lines)
- Tuna: Skipjack (Pacific, pole and lines)

### 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 fished)
- Salmon (California, Oregon, & Washington)
- Shrimp (Canada & US, wild, Ecuador, Honduras, & Thailand fished)
- Squid (Chile & Peru)
- Squid: Jumbo (Chile, China, & Peru)
- Swordfish (US, trolls)
- Tilapia (Colombia, Honduras, Indonesia, Mexico, & Taiwan)
- Trout (Canada & Chile farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole and lines)
- Tuna: Yellowfin (free school, trolls, pole and lines, US longlines)

### AVOID
- Bass: Striped (US gillnet, pound net)
- Basa/Pangasius/Swai
- Branzino (Mediterranean farmed)
- Cod: Atlantic (gillnet, longline, trawl)
- Cod: Pacific (Japan & Russia)
- Crab: (Asia & Russia)
- Halibut: Atlantic (wild)
- Lobster: Spiny (Belize, Brazil, Honduras, & Nicaragua)
- Mahi-Mahi (imported)
- Octopus
- Orange Roughy
- Salmon (Canada, Chile, Norway, & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid (Argentine, 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.

### 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.

### Your Choices Matter
Your choices can make a difference for our ocean and your palate.

### Take Action
- **ASK** your fishmonger what their standards and certifications are for sustainable seafood.
- **BUY** best choices first.
- **CHOOSE** good alternatives if you can’t find a best choice.
- **BUY** seafood that’s certified by organizations that support healthy oceans and sustainable fishing practices.
- **AVOID** seafood that is caught or farmed in ways that harm marine life or the environment.

### How to Use Your Guide
To use your guide:
1. Cut along outer black line
2. Fold on grey lines

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.