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
Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Your choices can help spread the word.

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.

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.

Your choices matter