

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



**Sushi**  
Consumer Guide  
January - June 2021

## BEST CHOICES

Amaebi/Spot Prawn (AK & Canada)  
Awabi/Abalone (farmed)  
Bincho/Albacore Tuna (trolls, pole and lines)  
Ebi/Prawn: Freshwater (Canada & US)  
Ebi/Shrimp (US farmed)  
Gindara/Sablefish (AK)  
Hiramasa/Yellowtail (Mexico & US hooks and lines)  
Ika/Squid: California Market  
Ikura/Salmon Roe (New Zealand)  
Iwana/Arctic Char (farmed)  
Izumidai/Tilapia (Canada, Ecuador, Peru & US)  
Kani/Crab: King (AK)  
Katsuo/Skipjack Tuna (Pacific trolls, pole and lines)  
Nori/Seaweed (farmed)  
Saba/Atlantic Mackerel (Canada)  
Sake/Salmon (New Zealand)  
Suzuki/Bass (US farmed)  
Uni/Sea Urchin (Canada Pacific)  
Zuwaigani/Crab: Snow (AK)

## 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.



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## GOOD ALTERNATIVES

Amaebi/Spot Prawn (CA & WA)  
Bincho/Albacore Tuna (US longlines)  
Ebi/Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
Gindara/Sablefish (Canada wild)  
Hiramasa/Yellowtail (US gillnets)  
Hotate/Scallops: Sea (wild)  
Ika/Squid: Jumbo  
Kanikama/Surimi/Pollock (Canada longlines, gillnets & US)  
Katsuo/Skipjack Tuna (free school, imported trolls, pole and lines, US longlines)  
Kodai/Tai/New Zealand Snapper  
Maguro/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)  
Niji-masu/Trout (Canada & Chile farmed)  
Saba/Atlantic Mackerel (US)  
Sake/Salmon: Atlantic (BC & ME farmed)  
Sake/Salmon (CA, OR & WA)  
Tako/Octopus (Canada, Portugal & Spain pots and traps, HI)  
Uni/Red Sea Urchin (CA)

## Take Action

**ASK** "Do you sell sustainable seafood?" Let businesses know it is important to you.  
**BUY** Best Choices first.  
**CHOOSE** Good Alternatives or the **eco-certified options** if you can't find a Best Choice.



SeafoodWatch.org

## AVOID

Bincho/Albacore Tuna (imported except trolls, pole and lines)  
Buri/Hamachi/Hiramasa/Yellowtail (Australia & Japan farmed)  
Ebi/Shrimp (other imported sources)  
Hon Maguro/Tuna: Pacific & Southern Bluefin  
Hon Maguro/Tuna: Atlantic Bluefin (imported longlines)  
Ika/Squid: Argentine shortfin, Indian, Japanese flying, mitre & swordtip  
Iwashi/Atlantic Sardines (Mediterranean)  
Izumidia/Tilapia (China)  
Kani/Crab (Argentina, Asia & Russia)  
Kanikama/Surimi/Pollock (Russia)  
Katsuo/Skipjack Tuna (imported purse seines)  
Kuromaguro/Bluefin Tuna  
Maguro/Yellowfin Tuna (imported longlines except US)  
Sake/Salmon (Canada Atlantic, Chile, Norway & Scotland)  
Suzuki/Bass: Striped (US gillnet, pound net)  
Tako/Common Octopus (other imported)  
Unagi/Eel  
Uni/Green Sea Urchin (ME)

## 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. **For the full list, visit us at SeafoodWatch.org**

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## How to Use This Guide

Most of our recommendations, including all **eco-certifications**, aren't on this guide. Be sure to check out [SeafoodWatch.org](http://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 overfished, lack strong management or are caught or farmed in ways that harm other marine life or the environment.