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.

### Best Choices
- Amadai/blue tilefish (from Atlantic)
- Awaabi/abalone (farmed)
- Bincho/albacore tuna (troll or pole-&-line)
- Ebi/shrimp (farmed from US)
- Hiramasa/yellowtail (from US pole-&-line or Mexico)
- Hotate/scallops (farmed)
- Ika/squid (from CA)
- Ikura/salmon roe (farmed from New Zealand)
- Iwana/arctic char
- Izumida/tilapia (from Ecuador or Peru)
- Kaki/oysters (farmed)
- Katsuo/skipjack tuna (from Pacific troll or pole-&-line)
- Muurupai/mussels (farmed)
- Nori/seaweed (farmed)
- Sake/salmon (from New Zealand)
- Sawara/king mackerel (from US)
- Suzuki/bass (farmed from US)
- Uni/green sea urchin (from Canada Pacific)

### Good Alternatives
- Amaebi/spot prawn
- Bincho/albacore tuna (farmed from US)
- Ebi/shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
- Gindara/sablefish (wild from Canada)
- Hiramasa/yellowtail (US gillnet)
- Hotate/scallops (wild)
- Ika/jumbo squid (from China, Chile, or Peru)
- Kani/Dungeness crab
- Kanikama/surimi/pollock (from US trawl or pole-&-line; from Canada longline or gillnet)
- Katsuo/skipjack tuna (free school; from US longline; imported troll or pole-&-line)
- Maguro/yellowfin tuna (free school; from US longline; troll or pole-&-line)
- Nijima/rainbow trout (from Canada)
- Sake/Atlantic salmon (farmed from ME or Faroe Islands)
- Sake/salmon (from CA, OR, or WA)
- Uni/red sea urchin (from CA)

### Avoid
- Buri/hamachi/hiramasa/yellowtail (farmed from Japan)
- Ebi/shrimp (all other imported options)
- Hon maguro/bluefin tuna
- Ika/squid (all other imported options)
- Sashimi/Atlantic sardines (from Mediterranean)
- Izumida/tilapia (from China)
- Kani/crab (from Asia)
- Kani/snow crab (from Canada)
- Kanikama/surimi/pollock (from US gillnet or Canada trawl)
- Sake/salmon (farmed from Canada, Chile, Norway, or Scotland)
- Tako/octopus
- Tuna (from Indian Ocean)
- Tuna (all other options)
- Unagi/eel
- Uni/green sea urchin (from ME)