

**To use your guide:**

1. Cut along outer black line
2. Fold on grey lines



**Monterey Bay Aquarium  
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.

The seafood recommendations in this guide are  
credited to the Monterey Bay Aquarium Foundation  
©2025. All rights reserved. Printed on 100% recycled  
paper, using a process that is 100% carbon neutral.

## BEST CHOICE

**Amadai/blue tilefish** (from Atlantic)  
**Awabi/abalone** (farmed)  
**Bincho/albacore tuna** (troll or pole-&-line)  
**Ebi/shrimp** (farmed from US)  
**Gindara/sablefish** (pots)  
**Hotate/scallops** (farmed)  
**Ika/squid** (from CA)  
**Ikura/salmon roe** (farmed from New Zealand)  
**Iwana/Arctic char**  
**Kaki/oysters** (farmed)  
**Katsuo/skipjack tuna** (from Pacific troll or pole-&-line)  
**Karei/flounder** (from AK)  
**Muurugai/mussels** (farmed)  
**Nori/wakame/seaweed** (farmed)  
**Salmon** (from New Zealand)  
**Sawara/king mackerel** (from US)  
**Suzuki/bass** (farmed from US or Mexico)  
**Uni/green sea urchin** (from Canada Pacific)

## GOOD ALTERNATIVE

**Amaebi/spot prawn**  
**Bincho/albacore tuna** (from US longline)  
**Ebi/shrimp** (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)  
**Gindara/sablefish** (all other gear types)  
**Hamachi/hiyama/kanpachi/yellowtail** (from US)  
**Hotate/scallops** (wild)  
**Kani/Dungeness crab**  
**Katsuo/skipjack tuna** (free school; from US longline; imported troll or pole-&-line)  
**Maguro/yellowfin tuna** (from US; from Atlantic or Pacific free school)  
**Niji-masu/rainbow trout** (from Canada)  
**Salmon** (farmed from ME or Faroe Islands)  
**Salmon** (wild from US)  
**Uni/red sea urchin** (from CA)

## AVOID

**Ebi/shrimp** (all other imported options)  
**Hamachi/hiyama/kanpachi/yellowtail** (from Japan)  
**Hon maguro/bluefin tuna**  
**Ika/squid** (imported)  
**Iwashi/Atlantic sardines** (from Mediterranean)  
**Izumidia/tilapia** (from China)  
**Kani/crab** (from Asia)  
**Kani/snow crab** (from Canada)  
**Salmon** (farmed from Canada, Chile, Norway, or Scotland)  
**Tako/octopus**  
**Tuna** (from Indian Ocean)  
**Tuna** (all other options)  
**Unagi/eel** (imported farmed)  
**Uni/green sea urchin** (from ME)

## How to use this guide

### BEST CHOICE

Buy first. It is well managed and caught or farmed in an environmentally responsible manner.

### GOOD ALTERNATIVE

Buy if a Best Choice option is not available. There are moderate environmental concerns.

### AVOID

Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

This list does not reflect all recommendations, exceptions may apply. View the full list on [SeafoodWatch.org](https://SeafoodWatch.org).

## Take action

**ASK** "Do you sell sustainable seafood?" This simple but powerful action lets businesses know it is important to you.  
**BUY** Best Choice options first.  
**CHOOSE** Good Alternatives if you can't find a Best Choice and visit [SeafoodWatch.org](https://SeafoodWatch.org) for the full list.



[SeafoodWatch.org](https://SeafoodWatch.org)

## Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.  
Visit [SeafoodWatch.org](https://SeafoodWatch.org) for our full range of seafood guides. Or scan the QR code below.

