# BEST CHOICES

- Awaebi/Spot Prawn
- Bincho/Albacore Tuna (US longlines)
- Ebi/Shrimp (US farmed)
- Gindara/Sablefish (Alaska)
- Hiramasa/Yellowtail (US hooks and lines)
- Hotate/Scallops (farmed)
- Ika/Squid (California)
- Ikura/Salmon Roe (New Zealand)
- Iwana/Arctic Char (farmed)
- Izumidai/Tilapia (Canada, Ecuador, Peru, & US)
- Kani/ Crab (farmed)
- Katsuo/Skipjack Tuna (Pacific trolls, pole and lines)
- Mūrugu/Mussels (farmed)
- Nori/Seaweed (farmed)
- Sake/Salmon (New Zealand)
- Sawara/King Mackerel (US)
- Suzukii/Bass (US hooks and lines, farmed)
- Uni/Green Sea Urchin (Canada Pacific)
- Zūwaigani/Crab; Snow (Alaska)

# GOOD ALTERNATIVES

- Amaebi/Spot Prawn
- Bincho/Albacore Tuna (US longlines)
- Ebi/Shrimp (US wild, Ecuador, Honduras, & Thailand farmed)
- Gindara/Sablefish (Canada wild)
- Hiramasa/Yellowtail (US gillnets)
- Hotate/Scallops; Sea (wild)
- Ika/Squid; Jumbo (Chile, China, & Peru)
- Kani/ Crab; Dungeness
- Kani/ Crab; Southern King (Argentina)
- Kanikama/Surimi/Pollock (Canada longlines, gillnets, & US)
- Katsuo/Skipjack Tuna (free school, imported trolls, pole and lines, US longlines)
- Maguro/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)
- Nijimaru/Tuna (Canada & Chile farmed)
- Sake/Salmon: Atlantic (Faroe Island & Maine farmed)
- Sake/Salmon (California, Oregon, & Washington)
- Uni/Red Sea Urchin (California)

# AVOID

- Bincho/Albacore Tuna (imported except trolls, pole and lines)
- Bur/ Hamachi/Hiramasa/Yellowtail (Australia & Japan farmed)
- Ebi/Shrimp (other imported sources)
- Hon Maguro/Tuna; Bluefin
- Ika/Squid (Argentina, China, India, Indonesia, Japan, & Thailand)
- Iwashi/Atlantic Sardines (Mediterranean)
- Izumidai/Tilapia (China)
- Kani/ Crab (Asia & Russia)
- Kanikama/Surimi/Pollock (Canada trawls & Russia)
- Katsuo/Skipjack Tuna (imported purse seines & Indian Ocean)
- Kuromaguro/Bluefin Tuna
- Maguro/Yellowfin Tuna (imported longlines, purse seines, & Indian Ocean)
- Sake/Salmon (Canada, Chile, Norway, & Scotland)
- Suzukii/Bass; Striped (US gillnet, pound net)
- Tako/Octopus
- Unagi/Eel
- Uni/Green Sea Urchin (Maine)

### 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.

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**Your Choices Matter**

Dieting and shopping does not need to cause concern. Be responsible and use those recommendations. If you can’t find a best choice, choose a good alternative. You know it is important to you. Let businesses know it is important to you. Ask them to make a difference.

**Take Action**

Monterey Bay Aquarium Seafood Watch program helps consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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**Monterey Bay Aquarium Seafood Watch**

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