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.

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry your guide with you and share it with others to help spread the word.

Your choices matter
Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Responsible seafooding and sustainable eating are in order due to our ocean. Choose your food wisely and support a healthy ocean now and for future generations. Ask “Do you sell sustainable seafood?” Let businesses know it is important to you.

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.

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Buri/hamachi/hiramasa/yellowtail (farmed from Japan)
Ebi/shrimp (all other imported options)
Hon maguro/bluefin tuna
Ika/squid (all other imported options)
Iwashi/Atlantic sardines (from Mediterranean)
Izumidai/tilapia (from China)
Kani/crab (from Asia)
Kanikama/surimi/pollock (from US gillnet or Canada trawl)
Sake/salmon (from CA, OR, or WA)
Uni/red sea urchin (from CA)

Buri/hamachi/hiramasa/yellowtail (farmed from Japan)
Ebi/shrimp (all other imported options)
Hon maguro/bluefin tuna
Ika/squid (all other imported options)
Iwashi/Atlantic sardines (from Mediterranean)
Izumidai/tilapia (from China)
Kani/crab (from Asia)
Kanikama/surimi/pollock (from US gillnet or Canada trawl)
Sake/salmon (from CA, OR, or WA)
Uni/red sea urchin (from CA)

Sushi Consumer Guide
Sept. 2023 – Feb. 2024

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To use your guide: 1. Cut along outer black line 2. Fold on grey lines

BEST CHOICES
Amadai/blue tilefish (from Atlantic)
Awaai/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 (from New Zealand)
Iwana/arctic char
Izumidai/tilapia (from Ecuador or Peru)
Kani/oysters (farmed)
Katsuo/skipjack tuna (from Pacific troll or pole-line)
Munura/mussels (farmed)
Noni/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 (trom US longline)
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 Chile, China, 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)
Nijama/rainbow trout (from Canada)
Sake/Atlantic salmon (farmed from ME or Faroe Islands)
Sake/salmon (from CA, OR, or WA)
Uni/green sea urchin (from ME)
Tuna (from Indian Ocean)

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