



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



**Seafood Watch**  
WEST COAST SEAFOOD GUIDE  
Fall/Winter 2024



YELLOWTAIL ROCKFISH

Monterey Bay Aquarium

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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**BEST CHOICE** 

- Arctic char
- Bass (farmed from US)
- Catfish (farmed from US)
- Clams (farmed)
- Cod: Pacific (from AK)
- Crab: king (from AK)
- Flounder (from AK)
- Lingcod (from CA, OR, or WA)
- Mussels (farmed)
- Oysters (farmed)
- Rockfish (from US)
- Sablefish/black cod (pots)
- Salmon (farmed from New Zealand)
- Sanddab (from US)
- Scallops (farmed)
- Seaweed (farmed)
- Shrimp (farmed from US)
- Sole (from US)
- Squid (from CA)
- Swordfish (from US buoy gear, harpoon, or pole-&-line)
- Trout: rainbow (farmed from US)
- Tuna: albacore (troll or pole-&-line)
- Tuna: skipjack (Pacific troll or pole-&-line)

**GOOD ALTERNATIVE** 

- Clams (wild from US or Canada)
- Flounder (from British Columbia)
- Lingcod (from AK)
- Lobster: spiny (from US)
- Mahi-mahi (from US)
- Oysters (wild from US)
- Pollock (from US trawl or pole-&-line; from Canada longline or gillnet)
- Sablefish/black cod (all other gear types)
- Salmon (wild)
- Sardine (from Japan or Morocco)
- Shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
- Snapper (from US)
- Sole (from British Columbia)
- Swordfish (imported harpoon, troll, pole-&-line; from US gillnet or longline)
- Tilapia (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
- Tuna: bigeye (from HI)
- Tuna: canned (check label for pole-&-line, troll-caught, FAD-free, or free school)
- Tuna: yellowfin/ahi (from US; from Atlantic or Pacific free school)

**AVOID** 

- Basa/pangasius/swai
- Branzino/seabass (farmed from Mediterranean)
- Chilean seabass (from Chile)
- Crab (from Asia)
- Crab: snow (from Canada)
- Lobster: American (from US or Canada)
- Mahi-mahi (imported)
- Octopus
- Orange roughy
- Pollock (from US gillnet or Canada trawl)
- Salmon (farmed from Canada, Chile, Norway, or Scotland)
- Sharks
- Shrimp (all other imported options)
- Squid (imported)
- Swordfish (imported gillnet or longline)
- Tilapia (from China)
- Trout: rainbow (from Chile)
- Tuna: bluefin
- Tuna (from Indian Ocean)
- Tuna (all other options)

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

Visit [SeafoodWatch.org](https://SeafoodWatch.org) for the full list of over 2,000 recommendations.

**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.

