Monterey Bay Aquarium Seafood Watch

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

BEST CHOICE

Arctic char
Bass (farmed from US or Mexico)
Catfish (farmed from US)
Clams (farmed)
Cod: Pacific (from AK)
Crab: king (from AK)
Flounder (from AK)
Mussels (farmed)
Oysters (farmed)
Rockfish (from US)
Sablefish/black cod (from AK 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
Lobster: spiny (from US or Mexico)
Mackerel (from Ecuador, Japan, or Morocco)
Mahi-mahi (from US)
Oysters (wild from US)
Sablefish/black cod (all other gear types)
Salmon (wild from US)
Sardine (from Japan or Morocco)
Shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
Snapper (from US)
Swordfish (imported harpoon, pole-&-line; from US gillnet or longline)
Squid (from Chile or Peru)
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: Pacific bluefin (from California)
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)
Eel (imported farmed)
Lobster: American (from US or Canada)
Mahi-mahi (imported)
Octopus
Orange roughy
Salmon (farmed from Canada, Chile, Norway, or Scotland)
Sharks
Shrimp (all other imported options)
Squid (all other imported options)
Swordfish (imported gillnet or longline)
Tilapia (from China)
Trout: rainbow (from Chile)
Tuna: bluefin (farmed/ranched)
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.

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.**

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 for our full range of seafood guides. Or scan the QR code below.

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 for the full list.

SeafoodWatch.org

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.

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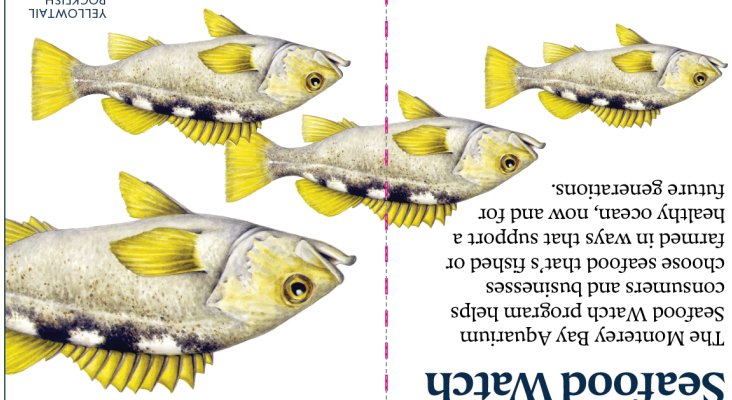

YELLOWTAIL ROCKFISH

Monterey Bay Aquarium

US WEST COAST SEAFOOD GUIDE Spring / Summer 2025