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

Seafood Recommendations

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 overfished, lacking strong management, or caught or farmed in ways that harm other marine life or the environment.

Your Choices Matter
Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping. For the full list, visit us at SeafoodWatch.org

How to Use This Guide
Most of our recommendations are included in eco-certifications, including all eco-certifications, except those on this guide. Be sure to check out SeafoodWatch.org for the full list.

Monterey Bay Aquarium
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