# Seafood Watch

## 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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**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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### Consumer Guide

**West Coast**

### BEST CHOICES

- Arctic char (farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (Alaska)
- Lingcod (California, Oregon, Washington)
- Mussels (farmed)
- Oysters (farmed)
- Rockfish (Alaska, California, Oregon, Washington)
- Sablefish/Black cod (Alaska)
- Salmon (New Zealand, Washington/Alaska)
- Sanddab (California, Oregon, Washington)
- Scallops (farmed)
- Shrimp (US farmed)
- Sole (US)
- Squid: California market
- Swordfish (handlines, harpoons; US buoy gear)
- Tilapia (Canada, Ecuador, Peru, US)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole & lines)
- Tuna: Skipjack (Pacific trolls, pole & lines)

### GOOD ALTERNATIVES

- Clams (US, Canada wild)
- Cod: Pacific (Canada, US)
- Crab: Southern king (Argentina)
- Lingcod (Alaska, Canada)
- Lobster: Spiny (Bahamas, US)
- Mahi-mahi (US)
- Oysters (US wild)
- Pollock (Canada longlins, gillnets, US except gillnet)
- Salmon: Atlantic (Faroe Islands, Maine farmed)
- Salmon (California, Oregon, Washington)
- Shrimp (Canada & US wild; Ecuador, Honduras & Thailand)
- Snapper (US)
- Squid: Jumbo (Chile, China, Peru)
- Swordfish (US trolls)
- Tilapia (Colombia, Honduras, Indonesia, Mexico, Taiwan)
- Tuna: Albacore (US longlines)
- Tuna: Bigeye (Hawaii)
- Tuna: Skipjack (free school, imported trolls, pole & lines, US longlines)
- Tuna: Yellowfin (free school, trolls, pole & lines, US longlines)

### AVOID

- Basa/Pangasius/Swai
- Branzino (Mediterranean farmed)
- Cod: Pacific (Japan)
- Crab (Asia)
- Crab: Snow (Canada)
- Halibut: Atlantic (wild)
- Lobster: American (Canada, US)
- Lobster: Spiny (Belize, Brazil, Honduras, Nicaragua)
- Mahi-mahi (imported)
- Octopus
- Orange roughy
- Pollock (Canada trawls, US gillnets)
- Salmon (Canada, Chile, Norway, Scotland)
- Shrimp (other imported sources)
- Squid (Argentina, China, India, Indonesia, Japan, Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole & lines)
- Tuna: Bluefin
- Tuna: Skipjack (imported purse seines, Indian Ocean)
- Tuna: Yellowfin (imported longlines, purse seines, Indian Ocean)

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**Take action**

- **ASK**
  - “Do you sell sustainable seafood?” Let businesses know it is important to you.
  - **BUY**
    - Best Choices first.
    - Good Alternatives if you can’t find a Best Choice and visit SeafoodWatch.org for the full list.

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Your choices matter.

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