

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 pocket guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams (farmed) Cobia (US farmed) Cod: Pacific (US non-trawled) Crab: Dungeness, Stone Halibut: Pacific (US) Lobster: California Spiny (US) Mussels (farmed) Oysters (farmed) Sablefish/Black Cod (Alaska & Canada) Salmon (Alaska wild) Sardines: Pacific (US) Scallops (farmed) Shrimp: Pink (OR) Striped Bass (farmed & wild*) Tilapia (US farmed) Trout: Rainbow (US farmed) Tuna: Albacore (Canada & US Pacific, troll/pole) Tuna: Skipjack, Yellowfin (US troll/pole)	Basa/Pangasius/Swai (farmed) Caviar, Sturgeon (US farmed) Clams (wild) Cod: Atlantic (imported) Cod: Pacific (US trawled) Crab: Blue*, King (US), Snow Flounders, Soles (Pacific) Flounder: Summer (US Atlantic)* Grouper: Black, Red (US Gulf of Mexico)* Herring: Atlantic Lobster: American/Maine Mahi Mahi (US) Oysters (wild) Pollock: Alaska (US) Sablefish/Black Cod (CA, OR, WA) Salmon (CA, OR, WA*, wild) Scallops (wild) Shrimp (US, Canada) Squid Swordfish (US)* Tilapia (Central & South America (farmed) Tuna: Bigeye, Tongol, Yellowfin (troll/pole)	Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cobia (imported farmed) Cod: Atlantic (Canada & US) Crab: King (imported) Flounders, Halibut, Soles (US Atlantic, except Summer Flounder) Groupers (US Atlantic)* Lobster: Spiny (Brazil) Mahi Mahi (imported longline) Marlin: Blue, Striped (Pacific)* Monkfish Orange Roughy* Salmon (farmed, including Atlantic)* Sharks* & Skates Shrimp (imported) Snapper: Red (US Gulf of Mexico) Swordfish (imported)* Tilapia (Asia farmed) Tuna: Albacore*, Bigeye*, Skipjack, Tongol, Yellowfin* (except troll/pole) Tuna: Bluefin* Tuna: Canned (except troll/pole)	Support Ocean-Friendly Seafood Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways. Good Alternatives are an option, but there are concerns with how they're caught or farmed—or with the health of their habitat due to other human impacts. Avoid for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment. Key CA = California OR = Oregon WA = Washington * Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND  Seafood may appear in more than one column
MONTEREY BAY AQUARIUM Seafood WATCH® YELLOWFIN TUNA National Sustainable Seafood Guide January 2012	Learn More In addition to the recommendations on this guide, we have hundreds more available from our scientists. To see the complete and most up-to-date list visit us: • Online at seafoodwatch.org • On our free app • On our mobile site • Or join us on Facebook or Twitter  MONTEREY BAY AQUARIUM The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2012. All rights reserved. Printed on recycled paper.	You Can Make A Difference Support ocean-friendly seafood in three easy steps: 1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council blue eco-label in stores and restaurants. 2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught. 3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better! 	Why Do Your Seafood Choices Matter? Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overfished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem. By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

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