**BEST CHOICES**
- Arctic Char (farmed)
- Barramundi (US farmed)
- Catfish (US farmed)
- Clams (farmed)
- Cobia (Pacific, US non-trawled)
- Crab: Dungeness, Stone
- Halibut: Pacific (US)
- Lobster: California Spiny (US)
- Mussel (farmed)
- Oysters (farmed)
- Sablefish/Black Cod (Alaska & Canada)
- Salmon (CA, OR, WA)
- Shrimp (US, Canada)
- Squid
- Swordfish (US)
- Tilapia (Central & South America, US farmed)
- Tuna: Albacore, Yellowfin (troll/pole)

**GOOD ALTERNATIVES**
- Basa/Pangasius/Swai (farmed)
- Caviar, Sturgeon (US farmed)
- Cod: Atlantic (imported)
- Cod: Pacific (US)
- Crab: Dungeness, Stone
- Flounder: Summer (US Atlantic, except Summer Flounder)
- Groupers (US Atlantic)
- Herring: Atlantic
- Lobster: American/Maine
- Mahi Mahi (US)
- Oysters (wild)
- Pollock: Alaska (US)
- Squid
- Swordfish (US)
- Tilapia (Asia farmed)
- Tuna: Albacore, Bigeye, Skipjack, Tongol, Yellowfin (except troll/pole)

**AVOID**
- 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)
- Herring: Atlantic
- Lobster: American/Maine
- 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: 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.
- W = Wild
- F = Farm
- *W = Wild caught
- *F = Farm caught
- G = Green
- Y = Yellow
- R = Red
- H = Avoid
- E = Endangered
- C = Critically Endangered

**Choose Matters**

- Why do your seafood choices matter?
- Learn more at seafoodwatch.org

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