

March 2013 Culinary Chart of Alternatives

Use this guide to find ocean-friendly alternatives to seafood on the Seafood Watch "Avoid" list. For more information, and to learn more about species that do not appear on this list, visit **seafoodwatch.org**.

AVOID	,	DEST	CHOICES		Caviar (U.S. Farmed)	O ALTERNATIVES
Caviar and Sturgeon* (Imported Wild-caught) Caviar: Paddlefish (Wild-caught from U.S.)					Sturgeon (U.S. Farmed) Sturgeon: White (Wild-caught from OR and WA)	
Chilean Seabass/Patagonian Toothfish*		Cobia (U.S. Farmed) Sablefish/Black Cod/Butterfish (AK, Canadian Pacific)		Sablefish/Black Cod/Butterfish (CA, OR, WA)		
Cod: Atlantic (Trawl-caught from Canadian and U.S. Atlantic) Cod: Pacific (Imported)		Cod: Pacific (U.S. Bottom Longline, Jig and Trap) Cod: Atlantic (Hook-and-Line from Iceland and Northeast Arctic) Haddock (U.S. Atlantic Hook-and-Line)		Cod: Atlantic (Bottom Gillnet, Bottom Longline, Bottom Trawl and Danish Seine from Iceland and Northeast Arctic) Cod: Atlantic (U.S. Gulf of Maine Hook-and-Line) Cod: Pacific (U.S. Trawl) Haddock (Iceland Atlantic and U.S. Atlantic Trawl)		
Crab: King (Imported)		Crab: Blue* (U.S. Chesapeake Bay Trotline); Dungeness (CA, OR, WA); Kona (Australia); Stone		ness	Crab: Blue* (U.S. Pot); Dungeness (AK); Jonah; King (U.S.); Kona (HI); Snow (AK, Canada)	
Crawfish/Crayfish (Imported Farmed)		Crawfish/Crayfish (U.S. Farmed) Prawn: Spot (Canadian Pacific)		Prawn: Spot (U.S. Pacific)		
Groupers (U.S. Atlantic*) Grouper: Gag; Snowy; Warsaw; Yellowedge (U.S. Gulf of Mexico)*		Mahi Mahi (U.S. Atlantic Troll/Pole) Striped Bass (U.S. Farmed and U.S. Atlantic Hookand-line)		Black Sea Bass Grouper (Hawaii) Grouper: Black and Red (U.S. Gulf of Mexico)* Mahi Mahi (Imported Troll/Pole and U.S.) Striped Bass (U.S. Atlantic Gillnet and Pound net)		
lake: White		Tilapia (Farmed in Ecuador and U.S.)			Hake: Offshore, Red and Silver Tilapia (Farmed in China and Taiwan)	
Flounder: Witch and Yellowtail Halibut: Atlantic or California* (Set Gillnet)		Cobia (U.S. Farmed) Halibut: Pacific (U.S.)			Flounder, Sanddab, Sole (U.S. Pacific Wild-caught) Flounder: Summer (U.S. Atlantic)*; Windowpane (U.S. Southern New England, Mid-Atlantic); Winter (U.S. Atlantic Bottom Trawl) Halibut: California (U.S. Pacific Hook-and-Line and Bottom Trawl) Plaice: American (U.S. Atlantic) Turbot: Greenland*	
obster: Caribbean Spiny (Brazil)		Lobster: California Spiny (CA) Lobster: Caribbean Spiny (FL) Lobster: Spiny (Baja California, Mexico)			Lobster: American/Maine (Trap-caught) Lobster: Caribbean Spiny (Bahamas)	
Mahi Mahi (Imported Longline)		Mahi Mahi (U.S. Atlantic Troll/Pole)			Mahi Mahi (Imported Troll/Pole and U.S.) Marlin: Blue (HI)*	
Marlin: Blue* or Striped* (Imported)		Swordfish (Harpoon and H U.S., North Atlantic and	nd Handline-caught from Canada, ic and East Pacific)*		Swordfish (Drift Gillnet from CA)* Swordfish (Longline from HI and U.S. Atlantic)*	
Prange Roughy*		Halibut: Pacific (U.S.) Tilapia (Farmed in Ecuador and U.S.)			Flounder, Sanddab, Sole (U.S. Pacific Wild-caught) Flounder: Summer (U.S. Atlantic Wild-caught)* Halibut: California (U.S. Pacific Hook-and-Line and Bottom Trawl) Tilapia: (Farmed in China and Taiwan) Turbot: Greenland*	
Rockfish: Pacific (Trawl)		Halibut: Pacific (U.S.) Rockfish: Black (Hook-and-Line from CA, OR, WA) Sablefish/Black Cod/Butterfish (AK, Canadian Pacific) Striped Bass (U.S. Farmed and U.S. Atlantic Hook-and-line)		c)	Flounder, Sanddab, Sole (U.S. Pacific Wild-caught) Halibut: California (U.S. Pacific Hook-and-Line and Bottom Trawl) Rockfish (Pacific Hook-and-Line and Jig) Sablefish/Black Cod/Butterfish (CA, OR, WA) Striped Bass (U.S. Atlantic Gillnet and Pound net)	
Salmon (Farmed, including Atlantic)		Arctic Char (Farmed in Recirculating Systems) Salmon (AK Drift Gillnet, Purse Seine and Troll) Salmon: Freshwater Coho (U.S. Farmed in Tank Systems)			Salmon (Drift Gillnet, Purse Seine and Troll from CA, OR and WA) Salmon: Coho (Canadian Pacific, Wild-caught)	
Sharks* (Except Common Thresher and Shortfin Mako, from California and Hawaii) and Spiny Dogfish* (Canadian Atlantic and U.S.)		Cobia (U.S. Farmed) Halibut: Pacific (U.S.)		Dogfish: Spiny (British Columbia)* Halibut: California (U.S. Pacific Hook-and-Line and Bottom Trawl) Sharks: Common Thresher and Shortfin Mako (Wild-caught from CA and HI) Sturgeon (U.S. Farmed) Sturgeon: White (Wild-caught from OR and WA)		
Shrimp (Imported Except Canadian Wild-caught and Thailand from Fully Recirculating Farms)		Prawn: Spot (Canadian Pacific) Shrimp (U.S. Farmed in Fully Recirculating Systems or Inland Ponds) Shrimp: Pink (OR)		or	Prawn: Spot (U.S. Pacific) Shrimp (Wild-caught from Canada and U.S.) Shrimp (U.S. Farmed in Open Systems) Shrimp (Thailand from Fully Recirculating Farms) Snapper: Gray; Lane*; Mutton*; Yellowtail (Wild-caught from U.S. Atlantic and U.S. Gulf of Mexico)	
Snapper: Red or Vermilion (U.S.)		Tilapia (Farmed in Ecuador and U.S.)			Snapper: Gray; Pink; Red; Ruby (Wild-caught from HI) Snapper: Silk (Wild-caught from U.S. Caribbean, U.S. Gulf of Mexico and U.S. South Atlantic) Tilapia (Farmed in China and Taiwan)	
Swordfish (Imported)*		Mahi Mahi (U.S. Atlantic Troll/Pole) Swordfish (Harpoon and Handline-caught from Canada, U.S., North Atlantic and East Pacific)*		ada,	Mahi Mahi (Imported Troll/Pole and U.S.) Swordfish (Drift Gillnet from CA)* Swordfish (Longline from HI and U.S. Atlantic)*	
Filefish: Blueline and Golden (U.S. Gulf of Mexico and U.S. South Atlantic)*		Mahi Mahi (U.S. Atlantic Troll/Pole) Striped Bass (U.S. Farmed and U.S. Atlantic Hookand-line)			Mahi Mahi (Imported Troll/Pole and U.S.) Tilefish: Golden (U.S. Mid-Atlantic)* Striped Bass (U.S. Atlantic Gillnet and Pound net)	
Tuna: Canned (All Except Troll/Pole)		Tuna: "White" Canned Albacore (Canadian and U.S. Pacific Troll/Pole)			Tuna: "White" Canned Albacore (Troll/Pole Except Canadian an U.S. Pacific)	
Tuna: Albacore (North Atlantic and all Longline Except HI)* Tuna: Bigeye (All Longline Except U.S. Atlantic)* Tuna: Blackfin (All Longline and Purse Seine)* Tuna: Bluefin (Wild or Ranched)* Tuna: Skipjack (Purse Seine and All Imported Longline) Tuna: Tongol (All Gillnet and Purse Seine Except Malaysia)		Tuna: "Light" Canned Skipjack (Troll/Pole) Tuna: "White" Canned Albacore (Canadian and U.S. Pacific Troll/Pole) Tuna: Bigeye (U.S. Atlantic Troll/Pole) Tuna: Skipjack (Troll/Pole) Tuna: Yellowfin (Pacific and U.S. Atlantic Troll/Pole)			Tuna: Albacore (HI Longline* and South Atlantic Troll/Pole) Tuna: Bigeye (Troll/Pole and U.S. Atlantic Longline) Tuna: Blackfin (Troll/Pole)* Tuna: Skipjack (Longline from HI and U.S. Atlantic) Tuna: Tongol (Troll/Pole or from Malaysia) Tuna: Yellowfin (Troll/Pole Except Pacific and U.S. Atlantic) Tuna: Yellowfin (Longline from HI and U.S. Atlantic)	
Tuna: Yellowfin (All Purse Seine and Long Except HI and U.S. Atlantic)*	line					
KEY						
* Consumption advisory due to mercury or other contaminants. For more information, visit www.edf.org/seafoodhealth	AK CA FL HI OR WA	Alaska California Florida Hawaii Oregon Washington	Northeast Con South Atlantic North	nnecticu th Card	to North Carolina ut to Maine olina to east Florida olina to Texas	A slash is used to separate differer market names for the same fish