MONTEREY BAY AQUARIUM Seafood WATCH

Buyer's Guide, March 2013

This chart was created for chefs, suppliers and other seafood professionals who need a reference tool with our Seafood Watch recommendations in one place. In comparison, our pocket guides have shorter lists of seafood for specific regions of the U.S., making them ideal for use by consumers.

BEST CHOICES

Abalone (U.S. Farmed)
Arctic Char (U.S., Canada, Norway, Iceland; Farmed in Recirculating Systems)
Barramundi (U.S. Farmed in Fully Recirculating Systems)
Capelin (Iceland, Wild-caught)
Catfish (U.S. Farmed)
Clams (Worldwide, Farmed)
Clams, Pacific Razor (Washington, Oregon, Quinault Nation; Hand Harvested)
Clams, Softshell/Steamers (U.S. Atlantic, Wild-caught)
Cobia (U.S. Farmed)
Cod, Atlantic (Hook-and-line from Iceland and Northeast Arctic (by Norway, Russia))
Cod, Pacific (U.S. Bottom Longline, Jig and Trap)
Crab, Blue (U.S. Chesapeake Bay Trotline)
Crab, Dungeness (California, Oregon and Washington, Trap)
Crab, Kona (Australia, Wild-caught)
Crab, Stone (U.S. Atlantic, U.S. Gulf of Mexico, Trap)
Crawfish/Crayfish (U.S. Farmed)
Croaker, Atlantic (U.S. Non-trawl)
Giant Clam/Geoduck (U.S., Canadian Pacific, Wild-caught)
Haddock (U.S. Atlantic, Hook-and-line)
Halibut, Pacific (U.S. Wild-caught)
Lobster, California Spiny (California, Wild-caught)
Lobster, Caribbean Spiny (Florida, Wild-caught)
Lobster, Spiny (Wild-caught from Baja California, Mexico)
Mackerel, Atlantic (U.S. Purse Seine)
Mackerel, Atlantic (Canada, Purse Seine)
Mackerel, King (Wild-caught from U.S. Atlantic and U.S. Gulf of Mexico)
Mackerel, Spanish (Wild-caught from U.S. Atlantic and U.S. Gulf of Mexico)
Mahi Mahi (U.S. Atlantic, Troll/Pole)
Mullet, Striped (Wild-caught from U.S. Atlantic, U.S. Gulf of Mexico)
Mussels (Worldwide, Farmed)
Oysters (Worldwide, Farmed)
Oysters (U.S. Gulf of Mexico Wild-caught)
Perch, Yellow (Lake Erie, Wild-caught)
Pollock, Atlantic (Gillnet and Purse Seine from Norway)
Prawn, Freshwater (U.S. Farmed)
Prawn, Spot (Canadian Pacific, Wild-caught)
Rockfish, Black (Hook-and-line from California, Oregon and Washington)
Sablefish/Black Cod (Alaska and Canadian Pacific, Wild-caught)
Salmon (Drift Gillnet, Purse Seine and Troll, from Alaska)
Salmon Roe (Drift Gillnet, Purse Seine and Troll, from Alaska)
Salmon, Coho (U.S. Farmed in Tank Systems)
Sardines, Pacific (U.S. Wild-caught)
Scad, Big-eye (Hawaii, Wild-caught)
Scad, Mackerel (Hawaii, Wild-caught)
Scallops (Farmed, Worldwide)
Scallops, Sea (Diver-caught in Laguna Ojo de Liebre and Guerrero Negro, Baja California Sur, Mexico)
Scallops, Weathervane (Alaska, Dredged)
Sea Urchin Roe (Canada, Wild-caught)
Seatrout, Spotted (Wild-caught from Florida and Louisiana)
Shrimp (U.S. Farmed in Fully Recirculating Systems or Inland Ponds)
Shrimp, Pink (Oregon, Wild-caught)
Squid, Longfin (U.S. Atlantic, Trawl)
Striped Bass (U.S. Atlantic, Hook-and-line)
Striped Bass (U.S. Farmed)
Swordfish (Harpoon and Handline from Hawaii)
Swordfish (Harpoon and Handline-caught from Canada, the U.S., North Atlantic and East Pacific)
Tilapia (U.S. Farmed)
Trout, Rainbow/Steelhead (U.S. Farmed)
Tuna, Albacore (Troll/Pole from the Canadian and U.S. Pacific)
Tuna, Albacore ("White" Canned) (Troll/Pole from the Canadian and U.S. Pacific)
Tuna, Bigeye (Troll/Pole from the U.S. Atlantic)
Tuna, Skipjack (Worldwide, Troll/Pole)
Tuna, Skipjack ("Light" Canned) (Worldwide, Troll/Pole)
Tuna, Yellowfin (Troll/Pole from the Pacific and U.S. Atlantic)
White Seabass (Hook-and-line from California)
Whitefish, Lake (Wild-caught from Lake Huron and Lake Superior)
Whitefish, Lake (Trap-net from Lake Michigan)
Wreckfish (U.S. Atlantic, Wild-caught)

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Buyer's Guide, March 2013

GOOD ALTERNATIVES

Barramundi (Australia, Farmed in Fully Recirculating Systems)
Basa (Imported, Farmed)
Black Drum (Trotline from U.S. Gulf of Mexico)
Black Sea Bass (U.S. Mid-Atlantic, Wild-caught)
Bluefish (U.S. Atlantic, Wild-caught)
Bluenose (Southern Pacific, Wild-caught)
Capelin (Canada, Wild-caught)
Caviar, Sturgeon (U.S. Farmed)
Clams, Atlantic Surf (U.S. Atlantic, Clam Dredge)
Clams, Hard (U.S. Atlantic, Rakes and Shovels)
Clams, Ocean Quahog (U.S. Atlantic, Clam Dredge)
Cod, Atlantic (Bottom Gillnet, Bottom Longline, Bottom Trawl and Danish Seine from Iceland and Northeast Arctic)
Cod, Atlantic (Hook and line from U.S. Gulf of Maine)
Cod, Pacific (U.S. Trawl)
Crab, Blue (U.S. Pot)
Crab, Dungeness (Alaska, Trap)
Crab, Imitation (Alaska Pollock) (Alaska, Wild-caught)
Crab, Imitation (not Alaska Pollock) (Worldwide, Wild-caught)
Crab, Jonah (U.S. Atlantic, Wild-caught)
Crab, King (U.S. Trap)
Crab, Kona (Hawaii, Wild-caught)
Crab, Snow (Wild-caught from Alaska and Canada)
Croaker, Atlantic (U.S. Trawl)
Dogfish, Spiny (British Columbia, Bottom Longline)
Flounder (Wild-caught from U.S. Pacific)
Flounder, Summer (U.S. Atlantic Bottom Trawl)
Flounder, Windowpane (U.S. Southern New England, U.S. Mid-Atlantic, Bottom Trawl)
Flounder, Winter (U.S. Atlantic Bottom Trawl)
Greater Amberjack (Hook-and-line from U.S. South Atlantic)
Grouper, Black, Red (U.S. Gulf of Mexico, Wild-caught)
Grouper, Hawaiian (Hawaii, Hook-and-line)
Haddock (U.S. Atlantic, Trawl)
Haddock (Iceland Atlantic, Wild-caught)
Haddock (Bottom Trawl from Canadian Atlantic)
Hake, Offshore, Red and Silver (U.S. Atlantic, Wild-caught)
Halibut, California (U.S. Pacific, Hook-and-line and Bottom Trawl)
Herring, Atlantic (U.S. Atlantic, Wild-caught)
Herring, Lake (Lake Superior, Wild-caught)
Lingcod (U.S., Canada, Wild-caught)
Lobster, American/Maine (Trap-caught from Canada and Northeast U.S.)
Lobster, Caribbean Spiny (Bahamas, Wild-caught)
Mackerel, Atlantic (U.S. Midwater and Bottom Trawl)
Mahi Mahi (U.S. Longline)
Mahi Mahi (Imported, Troll/Pole)
Mahi Mahi (Hawaii, Troll/Pole)
Marlin, Blue (Hawaii, Wild-caught)
Monkfish (U.S. Atlantic, Bottom Trawl and Bottom Gillnet)
Monkfish Liver (U.S. Atlantic, Wild-caught)
New Zealand Tai Snapper (New Zealand, Bottom Longline)
Octopus (Hawaii, Wild-caught)
Octopus (Gulf of California, Wild-caught)
Octopus, Common/Sushi (Spain, Wild-caught)
Opah (Hawaii, Longline)
Pangasius (Imported, Farmed)
Perch, Yellow (Lake Huron and Lake Ontario, Wild-caught)
Plaice, Alaska (Wild-caught from Canada and U.S. Pacific)
Plaice, American (U.S. Atlantic Bottom Trawl)
Plaice, European (Danish seine and Bottom Trawl from Iceland)
Pollock, Alaska (Alaska, Wild-caught)
Pollock, Atlantic (Danish Seine, Trawl from Norway)
Pollock, Atlantic (Iceland, Set Gillnet)
Pollock, Atlantic (Wild-caught from U.S. and Canada; Danish Seine and Trawl from Norway)
Pomfret (Hawaii, Longline)
Pompano, Florida (U.S. Wild-caught)
Prawn, Spot (U.S. Pacific)
Red Porgy (U.S. Wild-caught)
Rockfish (Hook-and-line and Jig from the Pacific)
Sablefish/Black Cod (California, Oregon and Washington, Wild-caught)
Salmon (Drift Gillnet, Purse Seine and Troll from California, Oregon and Washington)
Salmon, Coho (British Columbia, Wild-caught)
Sanddabs, Pacific (U.S. Wild-caught)
Scallops, Bay (Diver-caught in Magdalena Bay, Baja California Sur, Mexico)
Scallops, Sea (Diver-caught in Sechura Bay, Peru)
Scallops, Sea (Canadian Atlantic, Wild-caught)
Scallops, Sea (U.S. Atlantic, Dredged)
Scup (U.S. Atlantic, Wild-caught)
Sea Urchin Roe (California, Wild-caught)
Seatrout, Spotted (Wild-caught from Mississippi, North Carolina and Virginia)
Shark, Common Thresher (California and Hawaii, Wild-caught)
Shark, Shortfin Mako (California and Hawaii, Wild-caught)
Shrimp (Wild-caught from U.S. Gulf of Mexico, U.S. South Atlantic)
Shrimp (U.S. Farmed in Open Systems)
Shrimp (Thailand, Farmed in Fully Recirculating Systems)
Shrimp, Northern (U.S. and Canadian Atlantic, Wild-caught)
Shrimp, Rock (U.S. Wild-caught)
Smelt, Rainbow (Wild-caught from Lake Superior, Lake Michigan, Lake Erie)
Snapper, Gray (Hawaii, Wild-caught)
Snapper, Gray, Lane, Mutton, Yellowtail (Wild-caught from U.S. Atlantic and U.S. Gulf of Mexico)
Snapper, Pink (Hawaii, Hook-and-line)
Snapper, Red/Squirrelfish (Hawaii, Hook-and-line)
Snapper, Ruby/Longtail (Hawaii, Hook-and-line)

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GOOD ALTERNATIVES

Snapper, Silk (Wild-caught from U.S. Caribbean, U.S. Gulf of Mexico and U.S. South Atlantic)
Sole (Wild-caught from U.S. Pacific)
Spearfish, Shortbill (Hawaii, Wild-caught)
Squid, Argentine Shortfin (Imported, Wild-caught)
Squid, Japanese Flying (Imported, Wild-caught)
Squid, Jumbo (Gulf of California, Wild-caught)
Squid, Market (California, Purse Seine)
Squid, Shortfin (U.S. Atlantic, Trawl)
Striped Bass (U.S. Atlantic, Gillnet and Pound Net)
Sturgeon (U.S. Farmed)
Sturgeon, White (Wild-caught from Oregon and Washington)
Swai (Imported, Farmed)
Swordfish (Drift Gillnet from California)
Swordfish (U.S. Longline)
Tilapia (China, Farmed in Ponds)
Tilapia (Taiwan Farmed in Ponds)
Tilefish, Golden (U.S. Mid-Atlantic, Wild-caught)
Trevally/Jack (Hawaii, Wild-caught)
Trout, Lake (Lake Huron and Lake Superior, Wild-caught)
Tuna, Albacore (Hawaii, Longline)
Tuna, Albacore (South Atlantic, Troll/Pole)
Tuna, Albacore ("White" Canned) (Worldwide, Troll/Pole Except Canadian and U.S. Pacific)
Tuna, Bigeye (U.S. Atlantic, Longline)
Tuna, Bigeye (Worldwide, Troll/Pole)
Tuna, Blackfin (Atlantic, Troll/Pole)
Tuna, Skipjack (Longline from Hawaii and U.S. Atlantic)
Tuna, Tongol (Malaysia, Wild-caught)
Tuna, Tongol (Worldwide, Troll/Pole)
Tuna, Yellowfin (Longline from Hawaii and U.S. Atlantic)
Tuna, Yellowfin (Worldwide Except Pacific and U.S. Atlantic, Troll/Pole)
Turbot, Greenland (U.S., Canadian Pacific, Wild-caught)
Wahoo (Wild-caught from Atlantic, Gulf of Mexico, Hawaii)
Walleye (Lake Erie, Wild-caught)
White Seabass (California, Gillnet)
Whitefish, Lake (Lake Erie, Wild-caught)
Whitefish, Lake (Set Gillnet from Lake Michigan)
Whitefish, Round (Wild-caught from Lake Huron, Lake Michigan)
Yellowtail, California (Wild-caught from the U.S.)

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AVOID

Barramundi (Imported, Farmed in Open Systems)
Caviar, Paddlefish (U.S. Wild-caught)
Caviar, Sturgeon (Imported, Wild-caught)
Chilean Seabass (Southern Ocean, Wild-caught)
Cobia (Imported, Farmed)
Cod, Atlantic (Trawl-caught from Canadian and U.S. Atlantic)
Cod, Pacific (Imported, Wild-caught)
Conch, Queen (Worldwide, Wild-caught)
Corvina, Gulf (Gulf of California, Wild-caught)
Crab, King (Russia, Trap)
Crawfish/Crayfish (Imported, Farmed)
Dab, Common (Danish Seine from Iceland)
Dogfish, Spiny (Wild-caught from Canadian Atlantic and U.S.)
Eel, Freshwater (Worldwide, Farmed)
Flounder, Windowpane (U.S. Georges Bank, U.S. Gulf of Maine, Bottom Trawl)
Flounder, Winter (U.S. Gulf of Maine Bottom Gillnet)
Flounder, Witch (U.S. Atlantic Bottom Trawl)
Flounder, Yellowtail (U.S. Atlantic, Bottom Trawl and Bottom Gillnet)
Grenadier (U.S. Pacific, Wild-caught)
Grouper (U.S. Atlantic, Wild-caught)
Grouper, Gag, Snowy, Warsaw, Yellowedge (U.S. Gulf of Mexico, Wild-caught)
Hake, White (U.S. Atlantic, Wild-caught)
Halibut, Atlantic (U.S. Bottom Trawl)
Halibut, California (U.S. Pacific, Set Gillnet)
Lobster, Caribbean Spiny (Brazil, Wild-caught)
Mahi Mahi (Ecuador, Peru, Taiwan Longline)
Marlin, Blue (Imported, Longline)
Marlin, Striped (Worldwide, Wild-caught)
New Zealand Tai Snapper (New Zealand, Danish Seine, Trawl)
Octopus (Philippines, Wild-caught)
Octopus, Common/Sushi (Mauritania, Morocco and Vietnam, Wild-caught)
Opah (Imported, Longline)
Orange Roughy (Worldwide, Wild-caught)
Pollock, Atlantic (Danish Seine and Trawl from Iceland)
Rockfish (Pacific, Trawl)
Salmon, Atlantic (Worldwide Except U.S. Farmed in Tank Systems, Farmed including Atlantic)
Sardines, Atlantic (Mediterranean, Wild-caught)
Sea Turtles (Gulf of California, Wild-caught)
Sea Urchin Roe (Maine, Wild-caught)
Shad, American (U.S. Atlantic, Gillnet)
Shark (Wild-caught Worldwide, Except Common Thresher and Shortfin Mako, from California and Hawaii)
Shrimp (Imported, Farmed Except Thailand Farmed in Fully Recirculating Systems)
Shrimp (Imported, Wild-Caught Except Canadian)
Shrimp (Mexico, Farmed in Open Systems)
Skates (U.S. Atlantic, Wild-caught)
Skipjack Tuna (Worldwide, Purse Seine)
Snapper, Red (U.S. Gulf of Mexico, Wild-caught)
Snapper, Red (Imported, Wild-caught)
Snapper, Vermilion (U.S. Wild-caught)
Spearfish, Shortbill (Imported, Wild-caught)
Sturgeon (Imported, Wild-caught)
Swordfish (Imported, Longline)
Tilefish, Blueline (U.S. Gulf of Mexico and U.S. South Atlantic, Wild-caught)
Tilefish, Golden (U.S. Gulf of Mexico and U.S. South Atlantic, Wild-caught)
Totoaba (Gulf of California, Wild-caught)
Trout, Lake (Lake Michigan, Wild-caught)
Tuna (Canned) (Worldwide, Wild-caught Except Troll/Pole)
Tuna, Albacore (All Longline Except Hawaii)
Tuna, Albacore (North Atlantic, Wild-caught)
Tuna, Bigeye (Worldwide Except U.S. Atlantic, Longline)
Tuna, Blackfin (Atlantic, Longline and Purse Seine)
Tuna, Bluefin (Worldwide, Wild-caught)
Tuna, Bluefin (Worldwide, Ranched)
Tuna, Skipjack (Imported, Longline)
Tuna, Tongol (Worldwide, Gillnet and Purse Seine Except Malaysia)
Tuna, Yellowfin (Worldwide Except Hawaii and U.S. Atlantic, Longline)
Tuna, Yellowfin (Worldwide, Purse Seine)
Weakfish (Wild-caught from U.S. Atlantic)
Yellowtail (Australia, Farmed)
Yellowtail (Japan, Farmed)

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