

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

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams (farmed) Cobia (US farmed) Cod: Pacific (Alaska longline)⁺ Crab: Dungeness, Stone Halibut: Pacific⁺ Lobster: Spiny (US) Mussels (farmed) Oysters (farmed) Perch: Yellow (Lake Erie) Salmon (Alaska wild)⁺ Scallops: Bay (farmed) Striped Bass (farmed or wild*) Tilapia (US farmed) Trout: Rainbow (farmed) Tuna: Albacore (troll/pole, US⁺ or British Columbia) Tuna: Skipjack (troll/pole) Whitefish: Lake (trap net)*</p>	<p>Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Cod: Pacific (US trawled) Crab: Blue*, King (US), Snow Flounders, Soles (Pacific) Herring: Atlantic, Lake Lobster: American/Maine Mahi Mahi/Dolphinfish (US) Perch: Yellow (Lake Huron and Ontario) Pollock (Alaska wild)⁺ Scallops: Sea (wild) Shrimp (US, Canada) Smelt: Rainbow Squid Swai, Basa (farmed) Swordfish (US)* Tilapia (Central America farmed) Trout: (Lake Superior)* Tuna: Bigeye, Yellowfin (troll/pole) Tuna: Canned Skipjack and Albacore* Walleye* Whitefish: Lake Erie (gillnet)*, Round</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cod: Atlantic, imported Pacific Crab: King (imported) Flounders, Halibut, Soles (Atlantic) Groupers* Lobster: Spiny (Caribbean) Mahi Mahi/Dolphinfish (imported) Monkfish Orange Roughy* Rockfish (Pacific trawled)* Salmon (farmed, including Atlantic)* Sharks* Shrimp (imported) Snapper: Red Swordfish (imported)* Tilapia (Asia farmed) Trout (Lake Huron and Michigan)* Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin*, Tongol, Canned (except Albacore and Skipjack) Yellowtail (imported farmed)</p>	<p>Support Ocean-Friendly Seafood</p> <p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>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.</p> <p>Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p>Key</p> <p>* Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth</p> <p>+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p>Seafood may appear in more than one column</p>
<p>MONTEREY BAY AQUARIUM</p>  <p>RAINBOW TROUT</p> <p>Seafood WATCH</p> <p>Central US Sustainable Seafood Guide January 2010</p>	<p>Learn More</p> <p>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit www.seafoodwatch.org.</p> <p>Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2010. All rights reserved. Printed on recycled paper.</p>	<p>You Can Make A Difference</p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> 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! 	<p>Why Do Your Seafood Choices Matter?</p> <p>Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are over-fished 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.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>