

- 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, Mussels, Oysters (farmed)            Clams: Softshell/Steamers (wild)            Cobia (US farmed)            Crab: Dungeness, Stone            Croaker: Atlantic*            Halibut: Pacific+            Lobster: Spiny (US)            Salmon (Alaska wild)+            Scallops: Bay (farmed)            Squid: Longfin (US)            Striped Bass (farmed or wild*)            Swordfish (Canada and US, harpoon and handline)*            Tilapia (US farmed)            Trout: Rainbow (farmed)            Tuna: Albacore (troll/pole, US+ or British Columbia)            Tuna: Skipjack (troll/pole)</p>	<p>Black Sea Bass            Bluefish*            Caviar, Sturgeon (US farmed)            Clams: Hard, Quahog, Surf (wild)            Crab: Blue*, Jonah, King (US), Snow            Haddock (hook &amp; line)            Hake: Silver, Red and Offshore            Herring: Atlantic            Lobster: American/Maine            Mahi Mahi/Dolphinfish (US)            Oysters (wild)            Pollock (Alaska wild)+            Scallops: Sea (wild)            Scup/Porgy            Shrimp (US, Canada)            Squid (except Longfin US)            Swai, Basa (farmed)            Swordfish (US)*            Tilapia (Central America farmed)            Tilefish (Mid-Atlantic)            Tuna: Bigeye, Yellowfin (troll/pole)            Tuna: Canned Skipjack and Albacore*</p>	<p>Caviar, Sturgeon* (imported wild)            Chilean Seabass/Toothfish*            Cod: Atlantic            Crab: King (imported)            Flounders, Halibut, Soles (Atlantic)            Haddock (trawled)            Hake: White            Mahi Mahi/Dolphinfish (imported)            Marlin: Blue*, Striped*            Monkfish            Orange Roughy*            Salmon (farmed, including Atlantic)*            Sharks* and Skates            Shrimp (imported)            Snapper: Red            Swordfish (imported)*            Tilapia (Asia farmed)            Tilefish (Southeast)*            Tuna: Albacore, Bigeye, Yellowfin (longline)*            Tuna: Bluefin*, Tongol, Canned (except Albacore and Skipjack)            Yellowtail (imported farmed)</p>	<p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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><b>Avoid</b> for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b>            Mid-Atlantic = North Carolina to New York            Southeast = Texas to South Carolina            * Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a>            + Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit <a href="http://www.msc.org">www.msc.org</a></p> <p>Seafood may appear in more than one column</p>
<p>MONTEREY BAY AQUARIUM</p>  <p>AMERICAN LOBSTER</p> <p>Seafood WATCH</p> <p>MONTEREY BAY AQUARIUM</p> <p>Northeast Sustainable Seafood Guide January 2010</p>	<p>Learn More</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>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a>. 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>You Can Make A Difference</p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>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.</li> <li>2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.</li> <li>3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!</li> </ol> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>	<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>