Monterey Bay Aquarium® Seafood Watch®

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this pocket guide with you and share it with others to help spread the word.

BEST CHOICES

Arctic Char (farmed)
Barramundi (US)
Bass: Striped (US hook & line, farmed)
Catfish (US)
Clams, Mussels, Oysters (farmed)
Clams, Oysters (US wild)
Cod: Pacific (US)
Crab: Dungeness & Stone
Halibut: Pacific (US)
Lobster: Spiny (CA, FL & Mexico)
Rockfish: Black (US hook & line)
Sablefish/Black Cod (AK & Canada)
Salmon (AK)
Sardines: Pacific (Canada & US)
Scallops (farmed)
Shrimp: Pink (OR)
Tilapia (Ecuador & US farmed)
Trout: Rainbow (US farmed)
Canned Tuna, Light: Skipjack (troll, pole), Yellowfin (US troll, pole)
Canned Tuna, White: Albacore (Canada & US troll, pole)

GOOD ALTERNATIVES

Cod: Pacific (US trawl)
Crab (US) & Snow Crab (Canada)
Flatfish (Canada & US)
Grouper: Red (US Gulf of Mexico)*
Herring: Atlantic (US)
Lobster
Mahi Mahi (US)
Monkfish (US)
Octopus (Mexico, Spain & US)
Pangasius/Basa/Swai
Pollock: Alaska (US)
Rockfish (AK hook & line)
Sablefish (CA, OR & WA)
Salmon (CA, OR & WA wild)
Scallops (wild)
Shrimp (Canada & US wild)
Squid
Sturgeon, Caviar (US farmed)
Swordfish (US)*
Tilapia (China & Taiwan)
Tuna: Bigeye (troll, pole & US Atlantic longline*)
Tuna: Tongol, Yellowfin (troll, pole)

AVOID

Chilean Seabass/Toothfish*
Cod: Atlantic (Canada & US)
Corvina: Gulf
Crab: Red King (Russia)
Lobster: Spiny (Brazil)
Mahi Mahi (imported)
Marlin: Blue*
Marlin: Striped*
Orange Roughy*
Rockfish (trawl)
Salmon (farmed including Atlantic)
Sharks*
Shrimp (imported)
Skates (US Atlantic)
Snapper: Red (US)
Sturgeon, Caviar (wild)
Swordfish (imported)*
Totoaba
Tuna: Albacore*, Bigeye*, Bluefin*, Canned*, Skipjack, Tongol, Yellowfin*

Support Ocean-Friendly Seafood

Best Choices are well-managed and caught or farmed in ocean-friendly ways.

Good Alternatives are also an option, but be aware that there are concerns with how they're caught or farmed.

Avoid these items for now. They may be overfished, or caught or farmed in ways that harm other wildlife or their habitats.

* Limit consumption due to concerns about mercury content. Visit edf.org/seafoodhealth

Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND

Seafood may appear in more than one column

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

Why Do Your Seafood Choices Matter?

Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overfished 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.

By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

You Can Make A Difference

Support ocean-friendly seafood in three easy steps:

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!

Learn More

In addition to the recommendations on this guide, we have hundreds more available from our scientists.

To see the complete and most up-to-date list visit us:

- Online at **seafoodwatch.org**
- On our free app
- On our mobile site
- Or join us on Facebook or Twitter

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Seafood WATCH®

Southwest Seafood Guide

Spring 2013