

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

| BEST CHOICES  |
|---|
| Amaebi/Spot Prawn (BC)  |
| Awabi/Abalone (US farmed)                                       |
| Gindara/Sablefish/Black Cod (AK <sup>+</sup> , BC)              |
| Ikura/Salmon roe (AK wild) <sup>+</sup>                         |
| Iwana/Arctic Char (farmed)                                      |
| Iwashi/Pacific Sardines (US)                                    |
| Izumidai/Tilapia (US farmed)                                    |
| Kaki/Oysters (farmed)   |
| Katsuo/Bonito/Skipjack Tuna (troll/pole)                        |
| Masago/Smelt Roe (Iceland)                                      |
| Mirugai/Giant Clam/Geoduck (wild)                               |
| Muurugai/Mussels (farmed)                                       |
| Sake/Salmon (AK wild) <sup>+</sup>                              |
| Sawara/Spanish Mackerel (US) <sup>*</sup>                       |
| Shiro Maguro/Albacore Tuna (troll/pole, BC or US <sup>+</sup> ) |
| Suzuki/Striped Bass (farmed or wild <sup>*</sup> )              |
| Uni/Sea Urchin Roe (Canada)                                     |

| GOOD ALTERNATIVES  |
|--|
| Amaebi/Spot Prawn (US)   |
| Ebi/Shrimp (US, Canada)  |
| Gindara/Sablefish/Black Cod (CA, OR or WA)   |
| Hirame/Karei/Flounders, Soles (Pacific)  |
| Hotate/Sea Scallops (wild)   |
| Izumidai/Tilapia (Central America farmed)  |
| Kani/Crab: Blue <sup>*</sup> , King (US), Snow Kanikama/Surimi/Pollock (AK) <sup>+</sup> |
| Maguro/Tuna: Bigeye, Yellowfin (troll/pole)  |
| Masago/Smelt Roe (Canada)  |
| Sake/Salmon (WA wild) <sup>*</sup>   |
| Shiro Maguro/Albacore Tuna (Hawaii) <sup>*</sup>   |
| Squid  |
| Tai/Red Porgy (US)   |
| Toro/Tuna: Bigeye, Yellowfin (troll/pole)  |
| Uni/Sea Urchin Roe (CA)  |

| AVOID  |
|--|
| Ankimo/Monkfish Liver  |
| Ankoh/Monkfish   |
| Ebi/Shrimp (imported)  |
| Hamachi/Hiramasa/Yellowtail (imported, farmed)                                   |
| Hirame/Karei/Flounders, Soles, Halibut (Atlantic)                                |
| Hon Maguro/Bluefin Tuna <sup>*</sup>   |
| Izumidai/Tilapia (Asia farmed)   |
| Kani/Crab: King (imported)   |
| Maguro/Tuna: Bigeye <sup>♦*</sup> , Yellowfin <sup>♦*</sup>                      |
| Sake/Salmon (farmed, including Atlantic) <sup>*</sup>                            |
| Shiro Maguro/Albacore Tuna <sup>*</sup> (imported)                               |
| Tai/Red Snapper  |
| Tako/Octopus   |
| Toro/Tuna: Bigeye <sup>♦*</sup> , Bluefin <sup>*</sup> , Yellowfin <sup>♦*</sup> |
| Unagi/Freshwater Eel   |
| Uni/Sea Urchin Roe (Maine)   |

**Support Ocean-Friendly Seafood**

**Best Choices** are abundant, well-managed and caught or farmed in environmentally friendly ways.

**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.

**Avoid** for now as these items are caught or farmed in ways that harm other marine life or the environment.

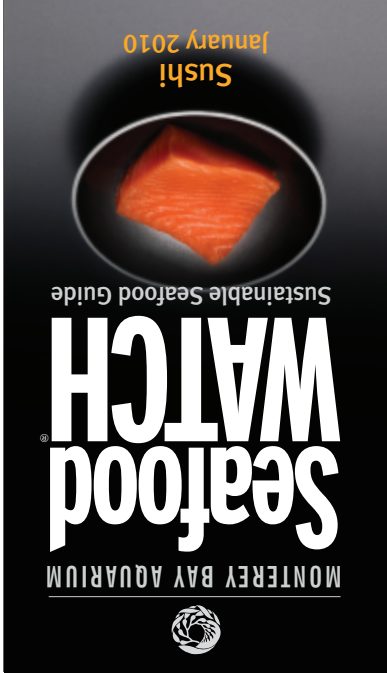
**Key**  
 AK = Alaska BC = British Columbia  
 CA = California OR = Oregon  
 WA = Washington

<sup>\*</sup> Limit consumption due to concerns about mercury or other contaminants. Visit [www.edf.org/seafoodhealth](http://www.edf.org/seafoodhealth)

<sup>+</sup> Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit [www.msc.org](http://www.msc.org)

<sup>♦</sup> Indicates longline-caught


Seafood may appear in more than one column



**Learn More**

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](http://www.seafoodwatch.org).

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.

  
**MONTEREY BAY AQUARIUM**

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**You Can Make A Difference**

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!

Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND

**Why Do Your Seafood Choices Matter?**

Worldwide, the demand for seafood is increasing. Yet 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.

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