



Updated Seafood Watch Recommendations Effective July 2011

New Recommendations

Visit our [Seafood Recommendations](http://SeafoodWatch.org) link at SeafoodWatch.org to search for and view the complete information on each species.

Species	Rating	Where Caught	How Caught
American Shad	AVOID	U.S. Atlantic	Wild caught
Atlantic Mackerel	BEST CHOICE	Canada	Wild caught
Atlantic Mackerel	GOOD ALTERNATIVE	U.S.	Wild caught
Atlantic Sardine	AVOID	Mediterranean	Wild caught
Coho Salmon	GOOD ALTERNATIVE	British Columbia	Wild caught
Common Dab	AVOID	Iceland	Wild caught
European Plaice	GOOD ALTERNATIVE	Iceland	Wild caught
Mexican Catarina Bay Scallops	GOOD ALTERNATIVE	Magdalena Bay, Baja California Sur, Mexico	Diver-caught
Mexican Lion-Paw Sea Scallops	BEST CHOICE	Guerrero Negro, Baja California Sur, Mexico	Diver-caught
Weakfish/Sea Trout	AVOID	U.S.	Wild caught
White Seabass	BEST CHOICE	California	Hook-and-Line

CONTINUED

Updated Recommendations

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Species	Where/How Caught	Updated	Previous
Atlantic Cod	Iceland and Northeast Arctic Hook-and-Line	BEST CHOICE	AVOID
Swordfish	North Atlantic Harpoon and Handline	BEST CHOICE	GOOD ALTERNATIVE
Yellowfin tuna	U.S. Pacific Troll/Pole	BEST CHOICE	GOOD ALTERNATIVE
Atlantic Cod	Iceland and Northeast Arctic Bottom Longline, Bottom Gillnet, Danish Seine, Trawl	GOOD ALTERNATIVE	AVOID
Red Grouper, Black Grouper	U.S. Gulf of Mexico	GOOD ALTERNATIVE	AVOID
Salmon	CA, OR and WA Drift Gillnet, Purse Seine, Troll	GOOD ALTERNATIVE	AVOID
White Seabass	U.S. Gillnet	GOOD ALTERNATIVE	BEST CHOICE
Albacore Tuna	North Atlantic Troll/Pole	AVOID	GOOD ALTERNATIVE

New/Updated Health Advisories (provided by Environmental Defense Fund)

Weakfish/Sea Trout: PCB advisory added

Striped Bass: mercury advisory added

Atlantic/White Sturgeon (U.S.): PCB advisory withdrawn

Winter Flounder: PCB advisory withdrawn



New/Updated Marine Stewardship Council Certifications

American/Maine Lobster
Atlantic cod, Imported
Chilean Seabass
Flounders (Pacific)

Northern shrimp
Pacific Cod
Pacific Halibut
Plaice

Skipjack tuna
Sole
Spiny Lobster
Swordfish

END