



- 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>Abalone (US farmed) Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cobia (US farmed) Cod: Pacific (Alaska longline)⁺ Crab: Dungeness Halibut: Pacific⁺ Lobster: Spiny (US) Rockfish: Black (CA, OR)[*] Sablefish/Black Cod (Alaska⁺, BC) Salmon (Alaska wild)⁺ Sardines: Pacific (US) Scallops: Bay (farmed) Shrimp: Pink (OR)⁺ Striped Bass (farmed or wild[*]) Tilapia (US farmed) Trout: Rainbow (farmed) Tuna: Albacore (troll/pole, US⁺ or BC) Tuna: Skipjack (troll/pole) White Seabass</p>	<p>Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Cod: Pacific (US trawled) Crab: King (US), Snow Flounders, Sanddabs, Soles (Pacific) Halibut: California Lingcod[*] Lobster: American/Maine Mahi Mahi/Dolphinfish (US) Pollock (Alaska wild)⁺ Rockfish (Alaska or BC, hook & line)[*] Sablefish/Black Cod (CA, OR, WA) Salmon (WA wild)[*] Scallops: Sea (wild) Shrimp (US, Canada) Spot Prawn (US) Squid Swai, Basa (farmed) Swordfish (US)[*] Tilapia (Central America farmed) Tuna: Bigeye, Yellowfin (troll/pole) Tuna: Canned Skipjack and Albacore[*]</p>	<p>Caviar, Sturgeon[*] (imported wild) Chilean Seabass/Toothfish[*] Cod: Atlantic, imported Pacific Cobia (imported farmed) Crab: King (imported) Dogfish (US)[*] Grenadier/Pacific Roughy Lobster: Spiny (Caribbean) Mahi Mahi/Dolphinfish (imported) Marlin: Blue[*], Striped[*] Monkfish Orange Roughy[*] Rockfish (trawled)[*] Salmon (farmed, including Atlantic)[*] Sharks[*] Shrimp (imported) Swordfish (imported)[*] Tilapia (Asia farmed) 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>BC = British Columbia CA = California OR = Oregon WA = Washington</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 Seafood WATCH West Coast Sustainable Seafood Guide January 2010 CHINOOK SALMON</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>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>