




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	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cod: Pacific (US non-trawled) Crab: Dungeness, Stone Halibut: Pacific (US) Lobster: California Spiny (US) Perch: Yellow (Lake Erie)* Sablefish/Black Cod (Alaska & Canada) Salmon (Alaska wild) Sardines: Pacific (US) Scallops (farmed) Shrimp: Pink (Oregon) Striped Bass (farmed & wild*) Tilapia (US farmed) Trout: Rainbow (US farmed) Tuna: Albacore (Canada & US Pacific, troll/pole) Tuna: Skipjack, Yellowfin (US troll/pole) Whitefish: Lake (Lake Huron & Superior)* Whitefish: Lake (Lake Michigan, trap-net)*</p>	<p>Basa/Pangasius/Swai (farmed) Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Cod: Pacific (US trawled) Crab: Blue*, King (US), Snow Flounders, Soles (Pacific) Flounder: Summer (US Atlantic) Grouper: Black, Red (US Gulf of Mexico)* Herring: Atlantic, Lake Lobster: American/Maine Mahi Mahi (US) Perch: Yellow (Lake Ontario & Huron) Pollock: Alaska (US) Salmon (CA, OR, WA*, wild) Scallops (wild) Shrimp (US, Canada) Smelt: Rainbow Swordfish (US)* Tilapia (Central & South America farmed) Trout: Lake (Lake Huron & Superior)* Tuna: Bigeye, Tongol, Yellowfin (troll/pole) Walleye* Whitefish: Lake (Lake Michigan, gillnet)*</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cod: Atlantic (Canada & US) Crab: King (imported) Flounders, Halibut, Soles (US Atlantic, except Summer Flounder) Groupers (US Atlantic)* Lobster: Spiny (Brazil) Mahi Mahi (imported longline) Monkfish Orange Roughy* Salmon (farmed, including Atlantic)* Sharks* Shrimp (imported) Snapper: Red Swordfish (imported)* Tilapia (Asia farmed) Trout: Lake (Lake Michigan)* Tuna: Albacore*, Bigeye*, Skipjack, Tongol, Yellowfin* (except troll/pole) Tuna: Bluefin* Tuna: Canned (except troll/pole)</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 overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p>Key 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>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>  <p>Seafood may appear in more than one column</p>
 <p>RAINBOW TROUT</p> <p>Seafood Watch MONTEREY BAY AQUARIUM</p> <p>MONTEREY BAY AQUARIUM Sustainable Seafood Guide January 2012</p>	<p>Learn More</p> <p>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:</p> <ul style="list-style-type: none"> • Online at seafoodwatch.org • On our free app • On our mobile site • Or join us on Facebook or Twitter  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2012. 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>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 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.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p>

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