

# 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 guide with you and share it with others to help spread the word.

## BEST CHOICES

Arctic Char (farmed)  
 Barramundi (US & Vietnam farmed)  
 Bass: Striped (US hook and line, farmed)  
 Catfish (US)  
 Clams, Mussels & Oysters  
 Cod: Pacific (AK)  
 Crab: King, Snow & Tanner (AK)  
 Perch: Yellow (Lake Erie trap net, except Ohio)  
 Prawn: Freshwater (Canada & US)  
 Rockfish (AK, CA, OR & WA)  
 Salmon (AK & New Zealand)  
 Sardines: Pacific (Canada & US)  
 Scallops (farmed)  
 Shrimp (US farmed & AK)  
 Smelt: Rainbow (Lakes Erie, Huron, Superior, except bottom gillnet)  
 Tilapia (Canada, Ecuador, Peru & US)  
 Trout: Lake (Lake Superior, MI)  
 Trout: Rainbow (US farmed)  
 Tuna: Albacore (troll, pole and line)  
 Tuna: Skipjack (Pacific troll, pole and line)  
 Whitefish: Lake (Lake Michigan, WI)

## GOOD ALTERNATIVES

Branzino (Mediterranean farmed)  
 Cod: Pacific (Canada & US)  
 Crab: Dungeness (Canada & US)  
 Lobster (Bahamas, Canada & US)  
 Mahi Mahi (Ecuador & US longline)  
 Salmon (Canada, CA, OR & WA wild)  
 Scallops: Sea (wild)  
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
 Squid (Chile, Mexico, Peru & US)  
 Swordfish (US)  
 Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)  
 Trout: Lake (Lakes Huron, Michigan & Superior, Canada, MI & WI)  
 Tuna: Albacore (US longline)  
 Tuna: Skipjack (free school, imported troll, pole and line, and US longline)  
 Tuna: Yellowfin (free school, troll, pole and line, US longline)  
 Whitefish: Lake (Lakes Erie, Huron, Ontario, Michigan (except WI) & Superior, Canada & MI)

## AVOID

Basa/Pangasius/Swai  
 Cod: Pacific (Japan & Russia)  
 Crab (Asia & Russia)  
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)  
 Mahi Mahi (imported)  
 Octopus: Common (Portugal & Spain trawl, Mexico)  
 Orange Roughy  
 Salmon: Atlantic (farmed)  
 Sardines: Atlantic (Mediterranean)  
 Sharks  
 Shrimp (imported)  
 Squid (China, India & Thailand)  
 Swordfish (imported longline)  
 Tuna: Albacore (imported except troll, pole and line)  
 Tuna: Bluefin  
 Tuna: Skipjack (imported purse seine)  
 Tuna: Yellowfin (longline except US)  
 Whitefish: Lake (Lake Superior, WI & Lake Winnipeg)

Many seafood items appear in more than one column. Please be sure to check them all.

### Best Choices

Buy first, they're well managed and caught or farmed responsibly.

### Good Alternatives

Buy, but be aware there are concerns with how they're caught or farmed.

### Avoid

Take a pass on these for now, they're overfished or caught or farmed in ways that harm other marine life or the environment.

This guide includes some of our recommendations for popular seafood. **For the full list, visit us online or download our app.**

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

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Seafood  
 WATCH  
 Monterey Bay Aquarium



Monterey Bay Aquarium



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Take Action

Be part of the solution and make a difference for our ocean: **ASK** "Do you sell sustainable seafood?" Let businesses know this is important to you. **BUY** Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website. **CHOOSE** Seafood Watch partners from our app or website when dining and shopping.

Your Choices Matter

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Purchase seafood caught or farmed in ways that support a healthy ocean—now and for future generations.