



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	For a full list of our recommendations, please visit us online or download our app.
<p>Arctic Char (farmed) Bass: Striped (US hook & line, farmed) Catfish (US) Clams, Mussels, Oysters Cod: Pacific (US hook & line, longline & trap) Halibut: Pacific (US) Perch: Yellow (Lake Erie) Salmon (AK) Sardines: Pacific (Canada & US) Scallops (farmed) Shrimp (AK) Tilapia (Ecuador & US) Trout: Rainbow (US farmed) Tuna: Albacore/White canned (Canada & US troll, pole) Tuna: Skipjack/Light canned (FAD free, US troll, pole) Tuna: Yellowfin (US troll, pole) Whitefish: Lake (Lake Michigan trap net) Whitefish: Lake (Lakes Huron & Superior)</p>	<p>Basa/Pangasius/Swai Cod: Pacific (US trawl) Crab: Blue & King (US) Flounders, Soles (US) Grouper: Red (US Gulf of Mexico) Lobster (Bahamas & US) Mahi Mahi (Ecuador & US) Salmon (CA, OR & WA wild) Scallops (wild) Shrimp (Canada wild & US) Snapper (US) Squid (US) Swordfish (US) Tilapia (China & Taiwan) Trout: Lake (Lakes Huron & Superior) Tuna: Albacore/White canned (US longline) Tuna: Skipjack/Light canned (imported troll, pole and US longline) Tuna: Yellowfin (imported troll, pole and US longline) Whitefish: Lake (Lake Erie) Whitefish: Lake (Lake Michigan gillnet)</p>	<p>Cod: Pacific (Japan & Russia) Crab: Canned (imported) Crab: Red King (Russia) Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua) Mahi Mahi (imported) Orange Roughy Salmon: Atlantic (farmed) Sardines: Atlantic (Medit. Sea) Sharks Shrimp (imported farmed, Mexico wild) Squid (imported) Swordfish (imported) Trout: Lake (Lake Michigan) Tuna: Albacore/White canned (except Canada & US troll, pole and US longline) Tuna: Bluefin Tuna: Skipjack/Light canned (imported longline and purse seine) Tuna: Yellowfin (except troll, pole and US longline)</p>	<p>Check every column—your favorite seafood could be in more than one.</p> <p>Best Choices Are well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.</p> <p>Good Alternatives Buy, but be aware there are concerns with how they're caught or farmed.</p> <p>Avoid Take a pass on these for now. These items are overfished or caught or farmed in ways that harm other marine life or the environment.</p>
 <p>Rainbow Trout</p> <p>Monterey Bay Aquarium Seafood WATCH Central U.S. Consumer Guide July–December 2014</p>	<p>Stay Connected</p> <ul style="list-style-type: none"> • Visit seafoodwatch.org • Download our free app • Join us on Facebook and Twitter <p>Monterey Bay Aquarium</p> <p><small>©2014. All rights reserved. Printed on recycled paper. The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation</small></p>	<p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> 1. ASK: "Do you sell sustainable seafood?" Let businesses know this is important to you. 2. BUY: From our Best Choices list. If not available, choose from the Good Alternatives list. 3. LOOK: For the Marine Stewardship Council blue eco-label in stores and restaurants. 	<p>Your Choices Matter</p> <p>Worldwide, the demand for seafood is increasing; yet many of the fish we enjoy are in trouble due to overfishing or destructive fishing and farming practices. Purchase fish caught or farmed using environmentally responsible practices to support healthy, abundant oceans.</p>

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