

# 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

Barramundi (US & Vietnam farmed)  
 Bass (US hooks and lines, farmed)  
 Bluefish (US handlines)  
 Catfish (US)  
 Clams, Cockles, Mussels  
 Crab: Blue (MD trotline)  
 Crab: King, Snow & Tanner (AK)  
 Croaker: Atlantic (beach seines)  
 Lionfish (US)  
 Mahi Mahi (US handlines)  
 Oysters (farmed & Canada)  
 Prawn (Canada & US)  
 Salmon (New Zealand)  
 Scallops (farmed)  
 Seaweed (farmed)  
 Shrimp (US farmed)  
 Squid (US)  
 Swordfish (Canada & US buoy, handlines, harpoons)  
 Tilapia (Canada, Ecuador, Peru & US)  
 Trout (US farmed)  
 Tuna: Albacore (trolls, pole and lines)  
 Tuna: Skipjack (Pacific trolls, pole and lines)

## GOOD ALTERNATIVES

Bluefish (US gillnets and trawls)  
 Branzino (Mediterranean farmed)  
 Cod: Atlantic (handlines, pole and lines)  
 Crab: Atlantic Rock (Canada & MA)  
 Crab: Blue (AL, DE, MD & NJ pots)  
 Haddock  
 Hake (US)  
 Monkfish (US)  
 Oysters (US wild)  
 Pollock (Canada longlines, gillnets & US)  
 Salmon: Atlantic (BC & ME farmed)  
 Salmon (CA, OR & WA)  
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
 Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)  
 Trout (Canada & Chile farmed)  
 Tuna: Albacore (US longlines)  
 Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)  
 Tuna: Yellowfin (free school, troll, pole and lines, US longlines)

## AVOID

Cod: Atlantic (gillnet, longline, trawl)  
 Crab (Argentina, Asia & Russia)  
 Crab: Atlantic Rock (US, except MA)  
 Crab: Blue (FL, GA, LA, MS, NC, SC, TX & VA)  
 Halibut: Atlantic (wild)  
 Mahi Mahi (imported)  
 Orange Roughy  
 Pollock (Canada trawls & Russia)  
 Salmon (Canada Atlantic, Chile, Norway & Scotland)  
 Sharks  
 Shrimp (other imported sources)  
 Squid (Argentina, China, India & Thailand)  
 Swordfish (imported longlines)  
 Tilapia (China)  
 Tuna: Albacore (imported except trolls, pole and lines)  
 Tuna: Bluefin  
 Tuna: Skipjack (imported purse seines)  
 Tuna: Yellowfin (longlines except US)

## How to Use This Guide

Most of our recommendations, including all **eco-certifications**, aren't on this guide. Be sure to check out [SeafoodWatch.org](http://SeafoodWatch.org) for the full list.

### Best Choices

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

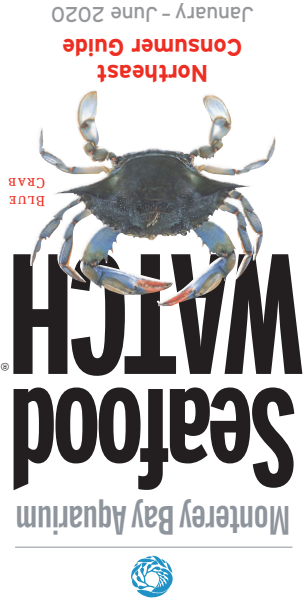
### Good Alternatives

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

### Avoid

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

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



January - June 2020  
 Northeast  
 Consumer Guide

BLUE  
 CRAB

## Seafood Watch

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.



Monterey Bay Aquarium

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## Take Action

**ASK** "Do you sell sustainable seafood?" Let businesses know it is important to you.  
**BUY** Best Choices first.  
**CHOOSE** Good Alternatives or the **eco-certified options** if you can't find a Best Choice.

SeafoodWatch.org



## Your Choices Matter

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping. **For the full list, visit us at SeafoodWatch.org**

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