

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

Aku/Skipjack Tuna including canned light tuna (troll/pole)
 Akule/Bigeye Scad
 Arctic Char (farmed)
 Barramundi (US farmed)
 Clams (farmed)
 Cobia (US farmed)
 Crab: Dungeness, Kona (Australia)
 Halibut: Pacific
 Mussels (farmed)
 'Ōpelu/Mackerel Scad
 Oysters (farmed)
 Salmon (Alaska wild)
 Sardines: Pacific (US)
 Scallops (farmed off-bottom)
 Shutome/Swordfish (HI harpoon, handline)*
 Striped Bass (farmed or wild*)
 Tilapia (US farmed)
 Tombo/Albacore Tuna including canned white tuna (troll/pole, US and BC)

GOOD ALTERNATIVES

'Ahi/Yellowfin Tuna (HI troll/pole)
 Aku/Skipjack Tuna (HI)*
 Caviar, Sturgeon (US farmed)
 Crab: King (US), Kona (HI)
 Ehu/Red Snapper (NWHI)
 Hāpu'u/Grouper (NWHI)
 Hebi/Spearfish (HI)*
 Kajiki/Blue Marlin (HI)*
 Lobster: American/Maine
 Mahi Mahi/Dolphinfish (HI)
 Monchong/Pomfret (HI)*
 Onaga/Ruby Snapper (NWHI)
 Ono/Wahoo (HI)*
 Opah/Moonfish (HI)*
 'Opakapaka/Pink Snapper (NWHI)
 Scallops: Sea
 Shrimp (US, Canada)
 Shutome/Swordfish (US)*
 Tilapia (Central America farmed)
 Tombo/Albacore Tuna (HI)*
 Tombo/Canned white/Albacore Tuna (troll/pole except US and BC)
 Uku/Gray Snapper

AVOID

'Ahi/Bigeye***, Bluefin*, Tongol and Yellowfin** Tuna
 Caviar, Sturgeon* (imported wild)
 Chilean Seabass/Toothfish*
 Cod: Atlantic
 Crab: King (imported)
 Ehu/Red Snapper (MHI)
 Hāpu'u/Grouper (MHI)
 Hebi/Spearfish (imported)*
 Kajiki/Blue Marlin (imported)*
 Mahi Mahi/Dolphinfish (imported)
 Manō/Sharks*
 Nairagi/Striped Marlin*
 Onaga/Ruby Snapper (MHI)
 Opah/Moonfish (imported)*
 'Opakapaka/Pink Snapper (MHI)
 Orange Roughy*
 Salmon (farmed, including Atlantic)*
 Shrimp (imported)
 Shutome/Swordfish (imported)**
 Tilapia (Asia farmed)
 Tombo/Albacore Tuna (imported)**
 Tuna: Canned (except troll/pole)*

Support Ocean-Friendly Seafood

Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.

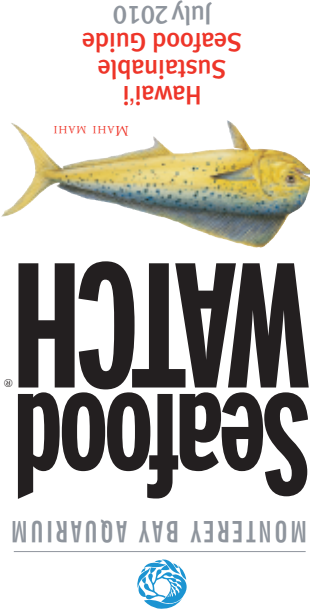
Good Alternatives are an option, but there are concerns with how they're caught or farmed – or with the health of their habitat due to other human impacts.

Avoid for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.

Key

HI = Hawaii Imported = Outside the US
 MHI = Main Hawaiian Islands
 NWHI = Northwest Hawaiian Islands
 BC = British Columbia
 ♦ Indicates longline-caught
 * Limit consumption due to concerns about mercury or other contaminants.
 Visit www.edf.org/seafoodhealth
 Contaminant information provided by:
 ENVIRONMENTAL DEFENSE FUND
 Seafood may appear in more than one column

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



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MONTEREY BAY AQUARIUM



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. 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.

Learn More

Support ocean-friendly seafood in three easy steps:
 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!

You Can Make A Difference

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.
 By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

Why Do Your Seafood Choices Matter?