

## Choices for Healthy Oceans

### You Have the Power

Your consumer choices make a difference. Choose seafood from the **green** or **yellow** lists to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

### How to Use This Guide

It's OK to ask questions when shopping or eating out. Ask staff where their seafood is from. Is it farmed or wild-caught? How is it caught? If they're not sure, choose something else.

**This is a National Pocket Guide.** Please be sure to visit [www.montereybayaquarium.org](http://www.montereybayaquarium.org) to view regional guides that identify sustainable alternatives in your area, or in places you plan to visit, and to learn more about your seafood choices.

## AVOID

Caviar (wild-caught)  
 Chilean Sea Bass/Toothfish  
 Cod: Atlantic/celantic  
 Crab: King (imported)  
 Flounders (Atlantic) except Summer Flounder  
 Grouper  
 Halibut: Atlantic  
 Monkfish  
 Orange Roughy  
 Rockfish/Rock Cod (Pacific)  
 Salmon (farmed/Atlantic)  
 Sharks  
 Shrimp (imported)  
 Snapper: Red  
 Soles (Atlantic)  
 Sturgeon (wild-caught)  
 Swordfish  
 Tuna: Bluefin

## PROCEED WITH CAUTION

Clams (wild-caught)  
 Cod: Pacific  
 Crab: Blue  
 Crab: Imitation/Surimi  
 Crab: King (Alaska)  
 Crab: Snow (U.S.)  
 Flounder: Summer/Fluke  
 Lobster: American/Maine  
 Mahimahi/Dolphinfish/Dorado  
 Oysters (wild-caught)  
 Pollock  
 Scallops: Bay  
 Scallops: Sea  
 Shrimp (U.S. farmed or U.S. wild-caught)  
 Soles (Pacific)  
 Squid  
 Tuna: Albacore (longline-caught)  
 Tuna: Bigeye (longline-caught)  
 Tuna: Yellowfin (longline-caught)  
 Tuna (canned)

## BEST CHOICES

Catfish (farmed)  
 Caviar (farmed)  
 Clams (farmed)  
 Crab: Dungeness  
 Crab: Snow (Canada)  
 Crab: Stone  
 Halibut: Pacific  
 Lobster: Spiny/Rock (U.S., Australia)  
 Mussels (farmed)  
 Oysters (farmed)  
 Salmon (Alaska, wild-caught)  
 Salmon (canned)  
 Sardines  
 Shrimp/Prawns (trap-caught)  
 Striped Bass (farmed)  
 Sturgeon (farmed)  
 Tilapia (farmed)  
 Trout: Rainbow (farmed)  
 Tuna: Albacore (troll/pole-caught)  
 Tuna: Bigeye (troll/pole-caught)  
 Tuna: Yellowfin (troll/pole-caught)



MONTEREY BAY AQUARIUM®

# Seafood Watch®



*Yellowfin tuna*

## National Seafood Guide

### Use This Guide to Make Choices for Healthy Oceans

#### Best Choices

These are your best seafood choices! These fish are abundant, well managed and caught or farmed in environmentally friendly ways.

#### Proceed with Caution

These are better choices than seafood on the Avoid list. However, there may be some problems with the way they are caught or farmed, or important scientific information is lacking.

#### Avoid

Avoid these products for now. These fish come from sources that are overfished or caught or farmed in ways that harm the environment.

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to view regional guides that identify sustainable alternatives in your area, or in places you plan to visit. Our researchers monitor fisheries and aquaculture closely for new developments. This guide is updated twice a year.

When you click on the Seafood Watch icon you can download the latest version of the guide, view seafood fact sheets, link to other resources and much, much more...



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*Yellowfin tuna*

# Seafood WATCH®

## National Seafood Guide

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