

# 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	Support Ocean-Friendly Seafood
<p>Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams (farmed) Cod: Pacific (US bottom longline) Crab: Dungeness, Stone Halibut: Pacific (US) Lobster: Spiny (US) Mussels (farmed) Oysters (farmed) Perch: Yellow (Lake Erie)* Salmon (Alaska wild) Scallops (farmed off-bottom) Striped Bass (farmed or wild*) Tilapia (US farmed) Trout: Rainbow (US farmed) Tuna: Albacore including canned white tuna (troll/pole, US and BC) Tuna: Skipjack including canned light tuna (troll/pole) Whitefish: Lake (trap net)*</p>	<p>Basa/Pangasius/Swai (farmed) Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Cod: Pacific (US trawled) Crab: Blue*, King (US), Snow Flounders, Soles (Pacific) Herring: Atlantic, Lake Lobster: American/Maine Mahi Mahi/Dolphinfish (US) Perch: Yellow (Lake Huron and Ontario)* Pollock: Alaska Scallops: Sea Shrimp (US, Canada) Smelt: Rainbow Squid Swordfish (US)* Tilapia (Central &amp; South America farmed) Trout: Lake (Lake Superior)* Tuna: Bigeye, Yellowfin (troll/pole) Tuna: Canned white/Albacore (troll/pole except US and BC) Walleye* Whitefish: Lake Erie (gillnet)*, Round</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cod: Atlantic and imported Pacific Crab: King (imported) Flounders, Halibut, Soles (Atlantic) Groupers* Lobster: Spiny (Brazil) Mahi Mahi/Dolphinfish (imported) Monkfish Orange Roughy* Rockfish (Pacific trawled) Salmon (farmed, including Atlantic)* Sharks* Shrimp (imported) Snapper: Red Swordfish (imported)* Tilapia (Asia farmed) Trout: Lake (Lake Huron and Michigan)* Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin* and Tongol Tuna: Canned (except troll/pole)* Yellowtail (imported farmed)</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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.</p> <p><b>Avoid</b> for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b> BC = British Columbia *Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a></p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p> <p>Seafood may appear in more than one column</p>
 <p>RAINBOW TROUT</p> <p>Central US Sustainable Seafood Guide January 2011</p> <p>MONTEREY BAY AQUARIUM</p> <p>Seafood WATCH</p> <p>MONTEREY BAY AQUARIUM</p>	<p>Learn More</p> <p>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a>.</p> <p>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.</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2011. All rights reserved. Printed on recycled paper.</p>	<p>You Can Make A Difference</p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>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.</li> <li>2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.</li> <li>3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!</li> </ol>	<p>Why Do Your Seafood Choices Matter?</p> <p>Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overfished 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.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p>

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