

Your choices matter

You can make a difference for our ocean by making responsible seafood choices.

Use these recommendations for popular sushi when dining and shopping.

This card includes general guidance only—some exceptions may apply. Visit MontereyBayAquarium.org/seafood to learn more about how to choose sustainable seafood. Or scan the QR code below.



About our recommendations

Our green, yellow, and red ratings indicate environmental risk. We use our ratings and third-party certifications to make our recommendations.

CHOOSE

- Green-rated seafood because environmental risks are low.
- Yellow-rated seafood because environmental risks are moderate.
- MSC, ASC, or BAP certified seafood.

AVOID

- Red-rated seafood because environmental risks are high, often due to overfishing, poor management, or harm to marine life and habitats.



Monterey Bay Aquarium® 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.



MontereyBayAquarium.org/seafood

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Fall / Winter 2026

Seafood Watch® Sushi



Monterey Bay Aquarium

Sushi



Tuna

Albacore (Binnaga), bigeye tuna (Maguro/Ahi), skipjack tuna (Katsuo), and yellowfin tuna (Maguro/Ahi)

CHOOSE tuna from Hawai'i and tuna from the Atlantic or Pacific caught with trolls, pole-&-lines, or FAD-free purse seines*.

AVOID all other tuna.

Bluefin tuna (Hon-maguro/Otoro/Toro)

CHOOSE Pacific bluefin tuna from the U.S. and imported caught with trolls, pole-&-lines, or FAD-free purse seines*.

AVOID Atlantic bluefin, southern bluefin, and farmed/ranchred bluefin.

Seaweed (Nori/Wakame)

CHOOSE all seaweed.

Crab (Zuwagani/Tarabagani)

CHOOSE all crab from Alaska and blue crab from Alabama, Delaware, Maryland, or New Jersey.

AVOID blue crab from other U.S. states, snow crab from Canada, and Jonah crab.

Eel (Unagi)

AVOID all eel.

Sablefish (Gindara)

CHOOSE all sablefish.

Salmon/Salmon roe (Sake/Ikura)

CHOOSE wild salmon from the U.S. or Canada and salmon that's ASC or MSC certified.

AVOID uncertified farmed salmon.

Urchin (Uni)

CHOOSE urchin from Canada or California.

AVOID urchin from Maine.



Shrimp (Ebi)

CHOOSE shrimp from the U.S., Ecuador, or Thailand and shrimp that's ASC, BAP, or MSC certified.

AVOID uncertified shrimp from China, India, Indonesia, Mexico, or Vietnam.

Surimi (Kani/Kanikama)

CHOOSE surimi made from Alaska pollock and hake from the U.S.

AVOID all other sources of surimi.

Scallops (Hotate)

CHOOSE all scallops.

Yellowtail/Amberjack (Hamachi/Hiramasu/Kanpachi)

CHOOSE yellowtail and amberjack from the U.S. (Kanpachi/Hiramasu).

AVOID yellowtail and amberjack from Japan (Hamachi/Buri).



*May also be labeled as non-FAD, free school, or school-caught.