

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.

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



Monterey Bay Aquarium



Seafood Watch
 Monterey Bay Aquarium

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.



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BEST CHOICE

- Bass** (farmed from U.S. or Mexico)
- Bluefish** (from U.S. pole-&-line)
- Catfish** (farmed from U.S.)
- Clams** (farmed)
- Crab: blue** (from MD trotline)
- Drum: red** (farmed from U.S.)
- Floounder: summer** (from U.S. handline)
- Lionfish**
- Mahi mahi** (from U.S. Atlantic pole-&-line)
- Mussels** (farmed)
- Oysters** (farmed)
- Salmon** (farmed from New Zealand)
- Scallops** (farmed)
- Seaweed** (farmed)
- Shrimp** (farmed from U.S.)
- Squid** (from CA)
- Swordfish** (from U.S. or Canada buoy gear, harpoon, or pole-&-line)
- Tilefish: blue** (from Atlantic)
- Trout: rainbow** (farmed from U.S.)
- Tuna: albacore/white** (from Pacific or Atlantic troll or pole-&-line)
- Tuna: bigeye, skipjack/chunk light, and yellowfin/ahi** (from Pacific handline or pole-&-line)

GOOD ALTERNATIVE

- Bass: striped** (wild from U.S.)
- Clams** (wild from U.S. or Canada)
- Cod: Atlantic** (from U.S. pole-&-line)
- Crab: blue** (from AL, DE, MD, or NJ pot)
- Haddock**
- Hake: silver** (from U.S.)
- Mackerel** (from Ecuador, Japan, or Morocco)
- Mahi mahi** (from U.S.)
- Monkfish** (from U.S.)
- Sablefish/black cod**
- Salmon: Atlantic** (farmed from ME or Faroe Islands)
- Shrimp** (wild from U.S. or Canada; farmed from Ecuador or Thailand)
- Snapper** (from U.S.)
- Swordfish** (from U.S. gillnet or longline)
- Squid** (from Chile or Peru)
- Tilapia** (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
- Tuna: bigeye, skipjack/chunk light, and yellowfin/ahi** (from US; from Atlantic pole-&-line, troll, or FAD-free)

AVOID

- Branzino/seabass** (farmed from Mediterranean)
- Chilean seabass** (from Chile)
- Cod: Atlantic** (gillnet, longline, or trawl)
- Crab** (from Asia)
- Crab: Atlantic rock/Jonah** (from U.S. or Canada)
- Crab: blue** (all other U.S. sources)
- Crab: snow** (from Canada)
- Eel** (imported farmed)
- Lobster: American** (from U.S. or Canada)
- Mahi mahi** (imported)
- Octopus** (Indonesia, Morocco, or Mauritania)
- Orange roughy**
- Salmon** (farmed from Canada, Chile, Norway, or Scotland)
- Sharks**
- Shrimp** (all other imported options)
- Squid** (all other imported options)
- Swordfish** (imported gillnet or longline)
- Tilapia** (from China)
- Tuna: bluefin**
- Tuna** (from Indian Ocean)
- Tuna** (all other options)

How to use this guide

BEST CHOICE

Buy first. It is well managed and caught or farmed in an environmentally responsible manner.

GOOD ALTERNATIVE

Buy if a Best Choice option is not available. There are moderate environmental concerns.

AVOID

Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

This list does not reflect all recommendations, exceptions may apply. View the full list on SeafoodWatch.org.

Take action

ASK "Do you sell sustainable seafood?" This simple but powerful action lets businesses know it is important to you.

BUY Best Choice options first.

CHOOSE Good Alternatives if you can't find a Best Choice and visit SeafoodWatch.org for the full list.



SeafoodWatch.org

Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

Visit SeafoodWatch.org for our full range of seafood guides. Or scan the QR code below.

