

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**



[SeafoodWatch.org](http://SeafoodWatch.org)

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.

Illustrations: Blue mussel, European flat oyster, softshell clam, Pacific cod, and swai © Seadposters. The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2026. All rights reserved. Printed on 100% recycled paper, using a process that is 100% carbon neutral.

## Popular seafood



### Clams, oysters, mussels

**CHOOSE** all farmed and wild clams, mussels, oysters, and scallops.



### Tuna

**CHOOSE** tuna caught in the Atlantic or Pacific with troll, pole-&-lines, or FAD-free purse seines\*.

**AVOID** Atlantic bluefin, southern bluefin, ranched bluefin tuna, and all other tuna.

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



### Swai (Basa, Pangasius)

**CHOOSE** swai that is ASC or BAP certified.

**AVOID** uncertified swai.

Swap with U.S. farmed catfish, Alaska pollock, or pollock that is MSC certified.



### Shrimp

**CHOOSE** shrimp from the U.S., Ecuador, or Thailand, or shrimp that is ASC or BAP certified.

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



### Tilapia

**CHOOSE** tilapia from Colombia or Taiwan, or tilapia that is ASC or BAP certified.

**AVOID** tilapia from China.

Swap with U.S. farmed striped bass or Alaska flounder and sole.



### Salmon

**CHOOSE** wild salmon from the U.S. or Canada, or salmon that is ASC or MSC certified.

**AVOID** uncertified farmed salmon.

Swap with Arctic char or U.S. farmed rainbow trout.



### Cod

**CHOOSE** Pacific cod from Alaska or cod that is MSC certified.

**AVOID** uncertified Atlantic cod.

Swap with halibut or haddock that is MSC certified.



### Crab

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

**AVOID** blue swimming crab (most canned crab), blue crab from other U.S. states, Jonah crab, or snow crab from Canada.

## 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.

## 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.

This card includes general guidance only—some exceptions may apply. Visit [SeafoodWatch.org](http://SeafoodWatch.org) for our full range of seafood guides. Or scan the QR code below to visit our popular guide.

