

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



U.S. SOUTHEAST SEAFOOD GUIDE Spring / Summer 2026

Monterey Bay Aquarium

## BEST CHOICE

- Bass** (farmed from U.S. or Mexico)
- Catfish** (farmed from U.S.)
- Clams** (farmed)
- Cod: Pacific** (from AK)
- Crab: blue** (from MD trotline)
- Crawfish** (farmed from U.S.)
- Lionfish**
- Mahi mahi** (from U.S. Atlantic pole-&-line)
- Mullet: striped** (from U.S.)
- Mussels** (farmed)
- Oysters** (farmed)
- Shrimp** (farmed from U.S.)
- Snapper: mutton** (from U.S. dive or handline)
- Sturgeon** (farmed from U.S.)
- 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)
- Wahoo** (from U.S. Atlantic pole-&-line)
- Wreckfish**

## GOOD ALTERNATIVE

- Clams** (wild from U.S. or Canada)
- Cod: Atlantic** (from U.S. pole-&-line)
- Conch** (from U.S.)
- Crab: blue** (from AL, DE, MD, or NJ pot)
- Crawfish** (wild from U.S.)
- Grouper: red** (from U.S.)
- Lobster: spiny** (from U.S. or Mexico)
- Mackerel** (from Chile, Japan, or Morocco)
- Mahi mahi** (from U.S.)
- Pompano** (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)
- Tilapia** (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
- Tilefish: blue** (from Gulf of Mexico)
- 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)
- Conch** (imported)
- Crab** (from Asia)
- Crab: blue** (other U.S. options)
- Crab: snow** (from Canada)
- Crab: stone** (from FL)
- 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** (imported)
- 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](http://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](http://SeafoodWatch.org) for the full list.

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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**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](http://SeafoodWatch.org) for our full range of seafood guides. Or scan the QR code below.

