

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. WEST COAST SEAFOOD GUIDE Spring / Summer 2026



Monterey Bay Aquarium

YELLOWTAIL
ROCKFISH

BEST CHOICE

- Arctic char
- Bass (farmed from U.S. or Mexico)
- Catfish (farmed from U.S.)
- Clams (farmed)
- Cod: Pacific (from AK)
- Flounder (from AK)
- Mahi mahi (from U.S. Atlantic pole-&-line)
- Mussels (farmed)
- Oysters (farmed)
- Rockfish (from U.S.)
- Salmon (farmed from New Zealand)
- Scallops (farmed)
- Seaweed (farmed)
- Shrimp (farmed from U.S.)
- Sole (from U.S.)
- Squid (from CA)
- Swordfish (from U.S. or Canada buoy gear, harpoon, or pole-&-line)
- 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)



Seafood Watch
 Monterey Bay Aquarium

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that support a healthy ocean, now and for future generations.



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.

GOOD ALTERNATIVE

- Clams (wild from U.S. or Canada)
- Flounder (from British Columbia)
- Lingcod
- Lobster: spiny (from U.S. or Mexico)
- Mackerel (from Chile, Japan, or Morocco)
- Mahi mahi (from U.S.)
- Sablefish/black cod
- Salmon (wild from U.S.)
- Sanddab (from U.S.)
- Sardines (from Japan or Morocco)
- 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)
- Tuna: Pacific bluefin (troll, pole-&-line, or FAD-free)

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

AVOID

- Basa/pangasius/swai
- Branzino/seabass (farmed from Mediterranean)
- Chilean seabass (from Chile)
- Crab (from Asia)
- 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 (farmed/ranchod)
- Tuna (from Indian Ocean)
- Tuna (all other options)

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 to visit our West Coast guide.



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.