

# Monterey Bay Aquarium® Seafood Watch®

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this pocket guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Amaebi/Spot Prawn (BC)                      Awabi/Abalone (US farmed)                      Gindara/Sablefish/Black Cod (AK, BC)                      Ikura/Salmon roe (AK wild)                      Iwana/Arctic Char (farmed)                      Iwashi/Pacific Sardines (US)                      Izumidai/Tilapia (US farmed)                      Kaki/Oysters (farmed)                      Kani/Crab: Dungeness, Stone                      Katsuo/Bonito/Skipjack Tuna (troll/pole)                      Masago/Smelt Roe (Iceland)                      Mirugai/Giant Clam/Geoduck (wild)                      Muurugai/Mussels (farmed)                      Sake/Salmon (AK wild)                      Sawara/Spanish Mackerel (US)*                      Shiro Maguro/Albacore Tuna (troll/pole, BC and US)                      Suzuki/Striped Bass (farmed or wild*)                      Uni/Sea Urchin Roe (Canada)</p>	<p>Amaebi/Spot Prawn (US)                      Ebi/Shrimp (US, Canada)                      Gindara/Sablefish/Black Cod (CA, OR or WA)                      Hirame/Karei/Flounders, Soles (Pacific)                      Hotate/Sea Scallops                      Izumidai/Tilapia (Central &amp; South America farmed)                      Kani/Crab: Blue*, King (US), Snow                      Kanikama/Surimi/Alaska Pollock                      Kodai/Tai/New Zealand Snapper (bottom longline)                      Maguro/Tuna: Bigeye, Yellowfin (troll/pole)                      Masago/Smelt Roe (Canada)                      Sake/Salmon (wild, WA* and north of Cape Falcon, OR)                      Shiro Maguro/Albacore Tuna (Hawaii)*                      Squid                      Tai/Red Porgy (US)                      Toro/Tuna: Bigeye, Yellowfin (troll/pole)                      Uni/Sea Urchin Roe (CA)</p>	<p>Ankimo/Monkfish Liver                      Ankoh/Monkfish                      Ebi/Shrimp (imported)                      Hamachi/Hiramasa/Yellowtail (imported, farmed)                      Hirame/Karei/Flounders, Soles, Halibut (Atlantic)                      Hon Maguro/Bluefin Tuna*                      Izumidai/Tilapia (Asia farmed)                      Kani/Crab: King (imported)                      Kodai/Tai/New Zealand Snapper (trawled)                      Maguro/Tuna: Bigeye*, Yellowfin*                      Sake/Salmon (farmed, including Atlantic)*                      Shiro Maguro/Albacore Tuna (imported)*                      Tai/Red Snapper                      Tako/Octopus                      Toro/Tuna: Bigeye*, Bluefin*, Yellowfin*                      Unagi/Freshwater Eel (farmed)                      Uni/Sea Urchin Roe (Maine)</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> are an option, but there are concerns with how they're caught or farmed—or with the health of their habitat due to other human impacts.</p> <p><b>Avoid</b> for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b>                      AK = Alaska BC = British Columbia                      CA = California OR = Oregon                      WA = Washington</p> <p>◆ Indicates longline-caught                      * Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a></p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p> <p>Seafood may appear in more than one column</p>
 <p>MONTEREY BAY AQUARIUM</p> <h1>Seafood WATCH</h1> <p>Sustainable Seafood Guide</p>  <p>Sushi</p> <p>January 2011</p>	<p><b>Learn More</b></p> <p>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a>. Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2011. All rights reserved. Printed on recycled paper.</p>	<p><b>You Can Make A Difference</b></p> <ol style="list-style-type: none"> <li>1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council blue eco-label in stores and restaurants.</li> <li>2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.</li> <li>3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!</li> </ol>	<p><b>Why Do Your Seafood Choices Matter?</b></p> <p>Worldwide, the demand for seafood is increasing. Yet fish we enjoy eating are over-fished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p>

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