



# 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>Abalone (US farmed) Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cod: Pacific (US bottom longline) Crab: Dungeness Halibut: Pacific (US) Lobster: Spiny (US) Rockfish: Black (CA, OR, WA, hook &amp; line) Sablefish/Black Cod (Alaska, BC) Salmon (Alaska wild) Sardines: Pacific (US) Scallops (farmed off-bottom) Shrimp: Pink (OR) Striped Bass (farmed or wild*) Tilapia (US farmed) Trout: Rainbow (US farmed) Tuna: Albacore including canned white tuna (troll/pole, US and BC) Tuna: Skipjack including canned light tuna (troll/pole) White Seabass</p>	<p>Basa/Pangasius/Swai (farmed) Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Cod: Pacific (US trawled) Crab: King (US), Snow Flounders, Sanddabs, Soles (Pacific) Halibut: California* Lobster: American/Maine Mahi Mahi/Dolphinfish (US) Pollock: Alaska Rockfish (Alaska or BC, hook &amp; line) Sablefish/Black Cod (CA, OR, WA) Salmon (wild, WA* and north of Cape Falcon, OR) Scallops: Sea Shrimp (US, Canada) Spot Prawn (US) Squid Swordfish (US)* Tilapia (Central &amp; South America farmed) Tuna: Bigeye, Yellowfin (troll/pole) Tuna: Canned white/Albacore (troll/pole except US and BC)</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cod: Atlantic and imported Pacific Cobia (imported farmed) Crab: King (imported) Dogfish (US)* Lobster: Spiny (Brazil) Mahi Mahi/Dolphinfish (imported) Marlin: Blue*, Striped* Monkfish Orange Roughy* Rockfish (trawled) Salmon (farmed, including Atlantic)* Sharks* Shrimp (imported) Swordfish (imported)* Tilapia (Asia farmed) Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin* and Tongol Tuna: Canned (except troll/pole)*</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> BC = British Columbia CA = California OR = Oregon WA = Washington * 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 <b>Seafood WATCH</b> West Coast Sustainable Seafood Guide January 2011 CHINOOK SALMON</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> <p>Support ocean-friendly seafood in three easy steps:</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. 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 many populations of the large fish we enjoy eating are overfished 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