

# 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>Arctic Char (farmed)                      Barramundi (US farmed)                      Catfish (US farmed)                      Clams (farmed)                      Cobia (US farmed)                      Cod: Pacific (US bottom longline)                      Crab: Dungeness, Stone                      Halibut: Pacific (US)                      Lobster: Spiny (US)                      Mussels (farmed)                      Oysters (farmed)                      Sablefish/Black Cod (Alaska or BC)                      Salmon (Alaska wild)                      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)</p>	<p>Basa/Pangasius/Swai (farmed)                      Caviar, Sturgeon (US farmed)                      Clams (wild)                      Cod: Pacific (US trawled)                      Crab: Blue*, King (US), Snow                      Flounders, Soles (Pacific)                      Herring: Atlantic                      Lobster: American/Maine                      Mahi Mahi/Dolphinfish (US)                      Oysters (wild)                      Pollock: Alaska                      Sablefish/Black Cod (CA, OR and WA)                      Salmon (wild, WA* and north of Cape Falcon, OR)                      Scallops: Sea                      Shrimp (US, Canada)                      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*                      Cobia (imported farmed)                      Cod: Atlantic and imported Pacific                      Flounders, Halibut, Soles (Atlantic)                      Groupers*                      Lobster: Spiny (Brazil)                      Mahi Mahi/Dolphinfish (imported)                      Marlin: Blue*, Striped*                      Monkfish                      Orange Roughy*                      Salmon (farmed, including Atlantic)*                      Sharks* and Skates                      Shrimp (imported)                      Snapper: Red                      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</p>  <p>NATIONAL SUSTAINABLE SEAFOOD GUIDE JANUARY 2011</p> <p>Seafood WATCH</p> <p>MONTEREY BAY AQUARIUM</p> 	<p>Learn More</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>.</p> <p>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.</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 many populations of the large 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