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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

Amaebi/Spot Prawn (Canada) Awabi/Abalone (US farmed) Gindara/Sablefish/Black Cod (AK & Canada) Hotate/Scallops (farmed) 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) Maguro/Yellowfin Tuna (US troll/pole) Masago/Smelt Roe (Iceland) Mirugai/Giant Clam/Geoduck (wild) Muurugai/Mussels (farmed) Saba/Atlantic Mackerel (Canada) Sake/Salmon (AK wild) Sawara/Mackerel: King & Spanish (US)* Shiro Maguro/Albacore Tuna (Canada & US, troll/pole) Suzuki/Striped Bass (farmed & wild*)

Uni/Sea Urchin Roe (Canada)

GOOD ALTERNATIVES

Amaebi/Spot Prawn (US) Ebi/Shrimp (US, Canada) Gindara/Sablefish/Black Cod (CA, OR, WA) Hiramasa/California Yellowtail (US wild) Hirame/Flounders, Soles (Pacific) Hirame/Summer Flounder (US Atlantic)* Hotate/Scallops (wild) Izumidai/Tilapia (Central & South America farmed) Kani/Crab: Blue*, King (US), Snow Kanikama/Surimi/Alaska Pollock (US) Kodai/Tai/New Zealand Snapper (bottom longline) Maguro/Tuna: Bigeve, Yellowfin (troll/pole) Masago/Smelt Roe (Canada) Saba/Atlantic Mackerel (US) Sake/Salmon (CA, OR, WA*, wild) Shiro Maguro/Albacore Tuna (Hawaii) ** Squid Tai/Red Porgy (US) Toro/Tuna: Bigeye, Yellowfin (troll/pole)

AVOID

Ankimo/Monkfish Liver Ankoh/Monkfish Ebi/Shrimp (imported) Hamachi/Hiramasa/Yellowtail (imported, farmed) Hirame/Flounders, Halibut, Soles (US Atlantic, except Summer Flounder) Hon Maguro/Bluefin Tuna* Izumidai/Tilapia (Asia farmed) Kani/Crab: King (imported) Kodai/Tai/New Zealand Snapper (trawled) Maguro/Tuna: Bigeye*, Skipjack, Tongol, Yellowfin* (except troll/pole) Sake/Salmon (farmed, including Atlantic)* Shiro Maguro/Albacore Tuna (imported) ** Tai/Red Snapper Tako/Octopus Toro/Bluefin Tuna* Unagi/Freshwater Eel (farmed) Uni/Sea Urchin Roe (Maine)

Support Ocean-Friendly Seafood

Best Choices are abundant, wellmanaged and caught or farmed in environmentally friendly ways.

Good Alternatives 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.

Avoid for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.

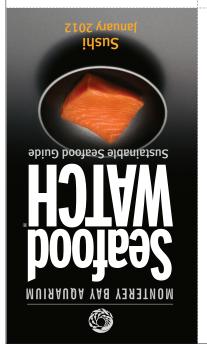
AK = Alaska CA = California OR = Oregon WA = Washington

Indicates longline-caught

* Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND



Seafood may appear in more than one column



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Uni/Sea Urchin Roe (CA)

AQUARIUM' **WONTEREY BAY**



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 - Online at seafoodwatch.org :sn 11s1v 1s1i ə1ep-o1-dn to see the complete and most

more available from our scientists, on this guide, we have hundreds In addition to the recommendations

Learn More

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> was rarmed or wild-caugnt. comes from and whether it ask where your seatood 2. When you buy seatood,

stores and restaurants. Council blue eco-label in Marine Stewardship the yellow list. Or look for the green list or, if unavailable, 1. Purchase seafood from the

in three easy steps: Support ocean-friendly seatood

> Difference You Can Make A

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the problem. tarming practices only add to Destructive fishing and fish seatood to meet the demand. Import over 80% of our fished and, in the U.S., we 11sh we enjoy eating are overmany populations of the large seatood is increasing. Yet Worldwide, the demand for

Choices Matter? Why Do Your Seatood

oceans.