

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 (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)</p>	<p>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: Bigeye, 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) Uni/Sea Urchin Roe (CA)</p>	<p>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)</p>	<p>Support Ocean-Friendly Seafood</p> <p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>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.</p> <p>Avoid for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p>Key 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</p>  <p>Seafood may appear in more than one column</p>
 <p>Seafood WATCH SUSTAINABLE SEAFOOD GUIDE Monterey Bay Aquarium January 2012</p>	<p>Learn More</p> <p>In addition to the recommendations on this guide, we have hundreds more available from our scientists. To see the complete and most up-to-date list visit us:</p> <ul style="list-style-type: none"> • Online at seafoodwatch.org • On our free app • On our mobile site • Or join us on Facebook or Twitter  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2012. All rights reserved. Printed on recycled paper.</p>	<p>You Can Make A Difference</p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> 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. 2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught. 3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better! 	<p>Why Do Your Seafood Choices Matter?</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