


BEST CHOICES	GOOD ALTERNATIVES	AVOID	<p><b>This guide</b> has a limited number of seafood items due to its size. For a full list of our recommendations please visit us online or download the app.</p> <p>Check every column, your favorite seafood could be in more than one.</p> <p><b>Best Choices</b> Well managed, caught or farmed in environmentally responsible ways.</p> <p><b>Good Alternatives</b> Some concerns with how they are caught or farmed.</p> <p><b>Avoid</b> Overfished, or strong concerns with how they are caught or farmed.</p>
<p>Abalone Arctic Char (farmed) Bass: Striped (US hook &amp; line, farmed) Catfish (US) Clams, Mussels, Oysters Cod: Pacific (US) Crab: Dungeness Halibut: Pacific (US) Lobster: Spiny (CA, FL &amp; Mexico) Rockfish: Black (US hook &amp; line) Sablefish/Black Cod (AK &amp; Canada) Salmon (AK) Sardines: Pacific (Canada &amp; US) Scallops (farmed) Seabass: White (US hook &amp; line) Shrimp: Pink (OR) Tilapia (Ecuador &amp; US) Trout: Rainbow (US farmed) Tuna: Albacore/White canned (Canada &amp; US troll, pole) Tuna: Skipjack/Light canned (US troll, pole) Tuna: Yellowfin (US troll, pole)</p>	<p>Basa/Pangasius/Swai Cod: Pacific (US trawl) Crab: King (US) Flounders, Soles (US Pacific) Halibut: California Lingcod Lobster: American Mahi Mahi (US) Pollock: Alaska (US) Prawn: Spot (US wild) Sablefish/Black Cod (CA, OR &amp; WA) Salmon (CA, OR &amp; WA wild) Scallops (wild) Shrimp (Canada &amp; US wild) Squid (US) Swordfish (US) Tilapia (China &amp; Taiwan) Tuna: Albacore/White canned (US longline) Tuna: Skipjack/Light canned (imported troll, pole and US longline) Tuna: Yellowfin (imported troll, pole and US longline)</p>	<p>Abalone (China &amp; Japan) Caviar, Sturgeon (imported wild) Cod: Pacific (Japan &amp; Russia) Crab: Red King (Russia) Halibut: California (gillnet) Lobster: Spiny (Brazil) Mahi Mahi (imported) Orange Roughy Rockfish/Pacific Snapper (AK bottom trawl) Salmon: Atlantic (farmed) Sharks Shrimp (imported) Squid (imported) Swordfish (imported) Tuna: Albacore/White canned (except Canada &amp; US troll, pole and US longline) Tuna: Bluefin Tuna: Skipjack/Light canned (except troll, pole and US longline) Tuna: Yellowfin (except troll, pole and US longline)</p>	<p><b>Your Choices Matter</b></p> <p>Worldwide, the demand for seafood is increasing; yet many of the fish we enjoy are in trouble due to overfishing or destructive fishing and farming practices. Purchase fish caught or farmed using environmentally responsible practices to support healthy, abundant oceans.</p> <p><b>Take Action</b></p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>1. ASK: "Do you sell sustainable seafood?" Let businesses know this is important to you.</li> <li>2. BUY: From our Best Choices list. If not available, choose from the Good Alternatives list.</li> <li>3. LOOK: For the Marine Stewardship Council blue eco-label in stores and restaurants.</li> </ol> <p>Updated July 2013</p>
 <p>CHINOOK SALMON</p> <p>West Coast Consumer Guide Fall/Winter 2013</p>	<p><b>Stay Connected</b></p> <ul style="list-style-type: none"> <li>• Visit <a href="http://seafoodwatch.org">seafoodwatch.org</a></li> <li>• Download our free app</li> <li>• Join us on Facebook and Twitter</li> </ul> <p>Monterey Bay Aquarium</p> <p><small>©2013. All rights reserved. Printed on recycled paper. The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation</small></p>	<p><b>Take Action</b></p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>1. ASK: "Do you sell sustainable seafood?" Let businesses know this is important to you.</li> <li>2. BUY: From our Best Choices list. If not available, choose from the Good Alternatives list.</li> <li>3. LOOK: For the Marine Stewardship Council blue eco-label in stores and restaurants.</li> </ol> <p>Updated July 2013</p>	<p><b>Your Choices Matter</b></p> <p>Worldwide, the demand for seafood is increasing; yet many of the fish we enjoy are in trouble due to overfishing or destructive fishing and farming practices. Purchase fish caught or farmed using environmentally responsible practices to support healthy, abundant oceans.</p>

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