BEST CHOICES

Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams (farmed)

Codi Dacific (US pop-tra)

Cod: Pacific (US non-trawled)

Crab: Dungeness, Stone Halibut: Pacific (US)

Lobster: California Spiny (US)

Mussels (farmed) Oysters (farmed)

Sablefish/Black Cod (Alaska & Canada)

Salmon (Alaska wild)

Sardines: Pacific (US)

Scallops (farmed) Shrimp: Pink (OR)

Striped Bass (farmed & wild*)

Tilapia (US farmed)

Trout: Rainbow (US farmed)

Tuna: Albacore (Canada & US Pacific, troll/pole)

Tuna: Skipjack, Yellowfin (US troll/pole)

GOOD ALTERNATIVES

Basa/Pangasius/Swai (farmed) Caviar, Sturgeon (US farmed)

Clams (wild)

Cod: Atlantic (imported)

Cod: Pacific (US trawled)

Crab: Blue*, King (US), Snow Flounders, Soles (Pacific)

Flounder: Summer (US Atlantic)*

Grouper: Black, Red (US Gulf of Mexico)*

Herring: Atlantic

Lobster: American/Maine

Mahi Mahi (US) Oysters (wild)

Pollock: Alaska (US)

Sablefish/Black Cod (CA, OR, WA)

Salmon (CA, OR, WA*, wild)

Scallops (wild)

Shrimp (US, Canada)

Squid

Swordfish (US)*

Tilapia (Central & South America (farmed) Tuna: Bigeye, Tongol, Yellowfin (troll/pole)

AVOID

Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cobia (imported farmed) Cod: Atlantic (Canada & US)

Crab: King (imported)

Flounders, Halibut, Soles (US Atlantic,

except Summer Flounder)
Groupers (US Atlantic)*

Lobster: Spiny (Brazil)

Mahi Mahi (imported longline)

Marlin: Blue, Striped (Pacific)*

Monkfish

Orange Roughy*

Salmon (farmed, including Atlantic)*

Sharks* & Skates

Shrimp (imported)

Snapper: Red (US Gulf of Mexico)

Swordfish (imported)*

Tilapia (Asia farmed)

Tuna: Albacore*, Bigeye*, Skipjack, Tongol, Yellowfin* (except troll/pole)

Tuna: Bluefin*

Tuna: Canned (except troll/pole)

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.

Kev

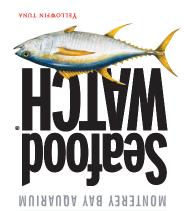
CA = California OR = Oregon WA = Washington

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

National Sustainable Seafood Guide Signary SO12



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 - On our mobile site
 - On our free app
 - To see the complete and most up-to-date list visit us:

 Online at seafoodwatch.org

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

Learn More

3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!

> Z. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.

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

Support ocean-friendly seafood in three easy steps:

1. Purchase seafood from the

You Can Make A Difference By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overimport over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.

Why Do Your Seafood Choices Matter?