The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

Arctic Char (farmed)
Barramundi (US & Vietnam farmed)
Bass (US hooks and lines, farmed)
Catfish (US)
Clams. Cockles. Mussels

Cod: Pacific (AK) Crab: King, Snow & Tanner (AK) Crab: Stone (US)

Crawfish (US farmed)

Lionfish (US) Mahi Mahi (US handlines)

Mullet: Striped (US)

Oysters (farmed & Canada)

Pompano (US)

Rockfish (AK, CA, OR & WA)

Salmon (New Zealand) Shrimp (US farmed)

Snapper: Mutton (US diving, handlines)

Sturgeon (US farmed) Tilapia (Canada, Ecuador, Peru & US) Tuna: Albacore (trolls, pole and lines)

Tuna: Skipjack (Pacific trolls, pole and lines) Wahoo (US Atlantic)

Wreckfish

GOOD ALTERNATIVES

Branzino (Mediterranean farmed) Conch (Belize, Nicaragua & US) Crawfish (LA wild)

Grouper: Red (US)

Lobster: Spiny (Bahamas & US) Mahi Mahi (Ecuador & US longlines)

Monkfish (US)
Octobus (Capada, Por

Octopus (Canada, Portugal & Spain pots and traps, HI)

Oysters (US wild)

Salmon (Canada Pacific & US) Shrimp (Canada & US wild, Ecuador

& Honduras farmed) Snapper (US)

Squid (Chile, Mexico, Peru & US) Swordfish (US)

Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)

Trout: Rainbow/Steelhead (Chile farmed)
Tuna: Albacore (US longlines)

Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)

Tuna: Yellowfin (free school, trolls, pole and lines, US longlines)

AVOID

Conch (imported)
Crab (Argentina, Asia & Russia)
Crawfish (China)

Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)

Mahi Mahi (imported)

Octopus (other imported sources)

Orange Roughy

Pompano (imported)

Salmon (Canada Atlantic, Chile, Norway & Scotland)

Sardines: Atlantic (Mediterranean) Sharks

Shrimp (other imported sources)
Squid (Argentina, China, India & Thailand)
Swordfish (imported longlines)

Tuna: Albacore (imported except trolls, pole and lines)

Tuna: Bluefin

Tuna: Skipjack (imported purse seines)
Tuna: Yellowfin (longlines except US)

How to Use This Guide

Many seafood items appear in more than one column. Please be sure to check them allbeginning with Best Choices.

Best Choices

Buy first; they're well managed and caught or farmed responsibly.

Good Alternatives

Buy, but be aware there are concerns with how they're caught, farmed or managed.

Avoid

Take a pass on these for now; they're overfished, lack strong management or are caught or farmed in ways that harm other marine life or the environment.

January - June 2019

Southeast Consumer Guide



Monterey Bay Aquarium

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Monterey Bay Aquarium



The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.

Seafood Watch

SeafoodWatch.org



DOMNLOAD Our free app.

CHOOSE Seafood Watch partners from our app or website when dining and shopping.

BUY Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.

ASK "Are you a Seafood Watch partner?" Let businesses know responsible seafood is important to you.

Take Action

dining and shopping. For the full list, visit us online or download our free app.

Use these recommendations for popular seafood when dining and shopping. For

You can make a difference for our ocean by making responsible seafood choices.

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.

Your Choices Matter

To