



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 guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Start with “Best Choices” then check the other columns—your favorite seafood could be in more than one.
<p>Arctic Char (farmed) Bluefish (US hook & line) Bass: Striped (US hook & line, farmed) Catfish (US) Clams, Mussels, Oysters Cod: Atlantic (imported hook & line) Croaker: Atlantic (beach seine) Mahi Mahi (US Atlantic troll, pole) Prawns: Spot (AK) Salmon (AK) Scallops (farmed) Sea Bass: Black (US Atlantic trap) Seaweed (farmed) Shrimp (AK wild, US farmed) Swordfish (Canada & US harpoon, troll, pole) Tilapia (Ecuador & US) Trout: Rainbow (US farmed) Tuna: Albacore/White canned (Canada & US troll, pole) Tuna: Skipjack/Light canned (FAD free, US troll, pole) Tuna: Yellowfin (US troll, pole)</p>	<p>Bluefish (US gillnet & trawl) Cod: Atlantic (Georges Bank troll, pole and imported) Crab: Blue & King (US) Croaker: Atlantic Haddock (Georges Bank) Hake: White (US) Halibut (US Pacific gillnet & trawl) Lobster (Bahamas & US) Monkfish (US) Pollock (US) Scallops (wild) Shrimp (Canada & US wild, Ecuador farmed) Snapper (US) Squid (US) Swordfish (US) Tilapia (China & 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>Cod: Atlantic (Canada & US) Crab: Atlantic Rock (US) Crab: Canned (imported) Crab: Red King (Russia) Haddock (Gulf of Maine) Halibut: Atlantic (US) Mahi Mahi (imported) Orange Roughy Salmon: Atlantic (farmed) Sardines: Atlantic (Medit. Sea) Sea Bass: Black (US Mid-Atlantic) Sharks Shrimp (imported) Squid (imported) Swordfish (imported) Tuna: Albacore/White canned (except Canada & US troll, pole and US longline) Tuna: Bluefin Tuna: Skipjack/Light canned (imported longline and purse seine) Tuna: Yellowfin (except troll, pole and US longline)</p>	<p>Best Choices Buy first, they’re well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.</p> <p>Good Alternatives Buy, but be aware there are concerns with how they’re caught or farmed.</p> <p>Avoid Take a pass on these for now, they’re overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p>Visit us online or download our app for a full list of our recommendations.</p>
 <p>Monterey Bay Aquarium Seafood WATCH Northeast Consumer Guide January–June 2015</p>	 <p>Stay Connected</p> <ul style="list-style-type: none"> • Visit seafoodwatch.org • Download our free app • Join us on Facebook and Twitter • Sign up for our e-news online <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2015. All rights reserved.</p>	<p>Take Action</p> <p>Be part of the solution and make a difference for our oceans:</p> <p>ASK “Do you sell sustainable seafood?” Let businesses know this is important to you.</p> <p>BUY Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.</p> <p>CHOOSE Seafood Watch partners from our website when dining and shopping.</p>	<p>Your Choices Matter</p> <p>Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.</p> <p>Purchase seafood caught or farmed in ways that support healthy oceans—now and for future generations.</p>

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