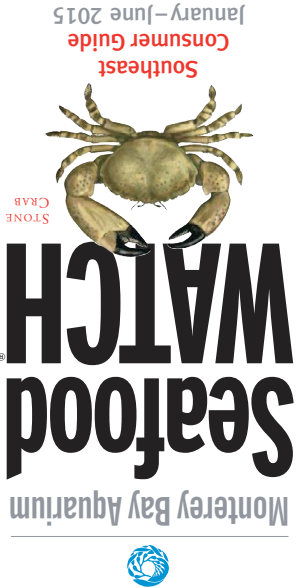


The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	
<p>Arctic Char (farmed)                      Bass: Striped (US hook &amp; line, farmed)                      Catfish (US)                      Clams, Mussels, Oysters                      Cod: Pacific (US hook &amp; line)                      Crab: Stone (US)                      Crawfish (US farmed)                      Mahi Mahi (US Atlantic troll, pole)                      Mullet: Striped (US wild)                      Pompano (US farmed)                      Salmon (AK)                      Sardines: Pacific (Canada &amp; US)                      Scallops (farmed)                      Seaweed (farmed)                      Shrimp (AK wild, US farmed)                      Tilapia (Ecuador &amp; US)                      Trout: Rainbow (US farmed)                      Tuna: Albacore/White canned (Canada &amp; US troll, pole)                      Tuna: Skipjack/Light canned (FAD free, US troll, pole)                      Tuna: Yellowfin (US troll, pole)                      Wreckfish (US)</p>	<p>Crab: Blue &amp; King (US)                      Crawfish (LA wild)                      Grouper: Black &amp; Red (US)                      Lobster (Bahamas &amp; US)                      Mahi Mahi (Ecuador &amp; US)                      Monkfish (US)                      Pompano (US wild)                      Porgy: Red (US)                      Salmon (CA, OR &amp; WA wild)                      Scallops (wild)                      Shrimp (Canada &amp; US wild, Ecuador farmed)                      Snapper (US)                      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)                      Wahoo (US)</p>	<p>Conch (wild)                      Crab: Red King (Russia)                      Crawfish (China)                      Lobster: Spiny (Belize, Brazil, Honduras &amp; Nicaragua)                      Mahi Mahi (imported)                      Orange Roughy                      Pompano (imported)                      Salmon: Atlantic (farmed)                      Sardines: Atlantic (Medit. Sea)                      Sharks                      Shrimp (imported, LA wild)                      Snapper: Red (US South Atlantic)                      Squid (imported)                      Swordfish (imported)                      Tuna: Albacore/White canned (except Canada &amp; 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>Start with “Best Choices” then check the other columns—your favorite seafood could be in more than one.</p> <p><b>Best Choices</b>                      Buy first, they’re well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.</p> <p><b>Good Alternatives</b>                      Buy, but be aware there are concerns with how they’re caught or farmed.</p> <p><b>Avoid</b>                      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 <b>full list</b> of our recommendations.</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> <li>• Sign up for our e-news online</li> </ul> <p><b>Monterey Bay Aquarium</b></p> <p><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2015. All rights reserved.</small></p>	<p><b>Take Action</b></p> <p>Be part of the solution and make a difference for our oceans:</p> <p><b>ASK</b> “Do you sell sustainable seafood?” Let businesses know this is important to you.</p> <p><b>BUY</b> Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.</p> <p><b>CHOOSE</b> Seafood Watch partners from our website when dining and shopping.</p>	<p><b>Your Choices Matter</b></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