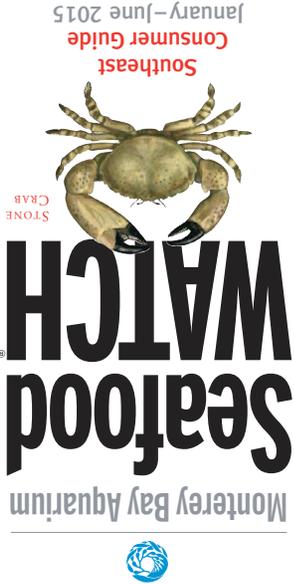


Monterey Bay Aquarium® Seafood Watch®

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	
<p>Arctic Char (farmed) Bass: Striped (US hook & line, farmed) Catfish (US) Clams, Mussels, Oysters Cod: Pacific (US hook & 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 & US) Scallops (farmed) Seaweed (farmed) Shrimp (AK wild, US farmed) 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) Wreckfish (US)</p>	<p>Crab: Blue & King (US) Crawfish (LA wild) Grouper: Black & Red (US) Lobster (Bahamas & US) Mahi Mahi (Ecuador & US) Monkfish (US) Pompano (US wild) Porgy: Red (US) Salmon (CA, OR & WA wild) 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) Wahoo (US)</p>	<p>Conch (wild) Crab: Red King (Russia) Crawfish (China) Lobster: Spiny (Belize, Brazil, Honduras & 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 & 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>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>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>Monterey Bay Aquarium</p> <p><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2015. All rights reserved.</small></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