

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



**National
Consumer Guide**
Sept. 2023 - Feb. 2024

Seafood Watch

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.



Monterey Bay Aquarium

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BEST CHOICES

Abalone (farmed)
Arctic char
Bass (farmed from US)
Catfish (from US)
Clams (farmed)
Cod: Pacific (from AK)
Crab: king (from AK)
Lionfish (from US)
Mussels (farmed)
Oysters (farmed)
Rockfish (from AK, CA, OR, or WA)
Salmon (from New Zealand)
Sanddab (from CA, OR, or WA)
Scallops (farmed)
Shrimp (farmed from US)
Squid (from CA)
Sturgeon (farmed from US)
Swordfish (pole-&-line, harpoon, or US buoy gear)
Tilapia (from Ecuador or Peru)
Trout (farmed from US)
Tuna: albacore (troll or pole-&-line)
Tuna: skipjack (from Pacific troll or pole-&-line)

GOOD ALTERNATIVES

Clams (wild from US or Canada)
Cod: Atlantic (handline or pole-&-line)
Cod: Pacific (from US or Canada)
Lobster: spiny (from US)
Mahi-mahi (from US)
Monkfish (from US)
Oysters (wild from US)
Pollock (from US trawl or pole-&-line; from Canada longline or gillnet)
Sablefish/black cod (from US)
Salmon (from CA, OR, or WA)
Salmon: Atlantic (farmed from ME)
Scallops (wild)
Shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
Snapper (from US)
Squid: jumbo (from Chile, China, Peru)
Swordfish (imported harpoon, troll, or pole-&-line)
Tilapia (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
Trout: rainbow (from Canada)
Tuna: canned (check label for pole-&-line, troll-caught, FAD-free, or free school)
Tuna: yellowfin/ahi (free school; from US longline; troll or pole-&-line)

AVOID

Basa/pangasius/swai
Branzino/seabass (farmed from Mediterranean)
Chilean seabass (from Chile)
Cod: Atlantic (gillnet, longline, or trawl)
Crab (from Asia)
Crab: snow (from Canada)
Lobster: American (from US or Canada)
Mahi-mahi (imported)
Orange roughy
Octopus
Pollock (from US gillnet or Canada trawl)
Salmon (from Canada, Chile, Norway, or Scotland)
Sharks
Shrimp (all other imported options)
Squid (all other imported options)
Swordfish (imported longline)
Tilapia (from China)
Trout: rainbow (from Chile or Colombia)
Tuna: bluefin
Tuna (from Indian Ocean)
Tuna (all other options)

How to use this guide

Most of our recommendations aren't on this guide and exceptions exist. Visit SeafoodWatch.org for the full list.

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 caught or farmed in ways that harm marine life or the environment.

Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping. Visit SeafoodWatch.org for up-to-date guides and our complete list of recommendations. Or scan the QR code below.



Take action

ASK "Do you sell sustainable seafood?" Let businesses know it is important to you.
BUY Best Choices first.
CHOOSE Good Alternatives if you can't find a Best Choice and visit SeafoodWatch.org for the full list.

