BEST CHOICES

Abalone (US farmed)
Arctic Char (farmed)
Barramundi (US farmed)
Catfish (US farmed)
Clams, Mussels, Oysters (farmed)
Cod: Pacific (US bottom longline)
Crab: Dungeness
Halibut: Pacific (US)
Lobster: Spiny (US)
Rockfish: Black (CA, OR, WA, hook & line)
Sablefish/Black Cod (Alaska, BC)
Salmon (Alaska wild)
Sardines: Pacific (US)

Scallops (farmed off-bottom)
Shrimp: Pink (OR)
Striped Bass (farmed or wild*)

Striped Bass (farmed or wild*)
Tilapia (US farmed)

Trout: Rainbow (US farmed)
Tuna: Albacore including canned
white tuna (troll/pole, US and BC)

white tuna (troll/pole, US and B0 Tuna: Skipjack including canned light tuna (troll/pole) White Seabass

GOOD ALTERNATIVES

Basa/Pangasius/Swai (farmed)
Caviar, Sturgeon (US farmed)
Clams, Oysters (wild)
Cod: Pacific (US trawled)
Crab: King (US), Snow
Flounders, Sanddabs, Soles (Pacific)
Halibut: California*
Lobster: American/Maine
Mahi Mahi/Dolphinfish (US)
Pollock: Alaska
Rockfish (Alaska or BC, hook & line)
Sablefish/Black Cod (CA, OR, WA)
Salmon (wild, WA* and north of

Cape Falcon, OR) Scallops: Sea Shrimp (US, Canada) Spot Prawn (US)

Squid Swordfish (US)*

Tilapia (Central & South America farmed) Tuna: Bigeye, Yellowfin (troll/pole) Tuna: Canned white/Albacore (troll/pole except US and BC)

AVOID

Caviar, Sturgeon* (imported wild)
Chilean Seabass/Toothfish*
Cod: Atlantic and imported Pacific
Cobia (imported farmed)
Crab: King (imported)
Dogfish (US)*
Lobster: Spiny (Brazil)
Mahi Mahi/Dolphinfish (imported)
Marlin: Blue*, Striped*
Monkfish
Orange Roughy*
Rockfish (trawled)
Salmon (farmed, including Atlantic)*
Sharks*
Shrimp (imported)

Swordfish (imported)*
Tilapia (Asia farmed)
Tuna: Albacore, Bigeye, Yellowfin

Tuna: Bluefin* and Tongol
Tuna: Canned (except troll/pole)*

(lonaline)*

Support Ocean-Friendly Seafood

Best Choices are abundant, wellmanaged and caught or farmed in environmentally friendly ways.

Good Alternatives are an option, but there are concerns with how they're caught or farmed—or with the health of their habitat due to other human impacts.

Avoid for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.

Kev

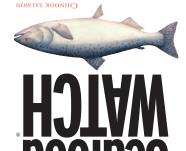
BC = British Columbia CA = California
OR = Oregon WA = Washington
Limit consumption due to concerns about

 Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth

Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND

Seafood may appear in more than one column

West Coast Sustainable Seafood Guide J102 Ynaunsl



MUIRAUDA YAA YAATINO



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РОПРВІПМ. WONTEREY BAY



Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.

www.seafoodwatch.org.

Our recommendations are researched by Monterey Bay Aduarium scientists. For more information about your favorite seafoods, including items not listed here, visit

Learn More

3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!

Z. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.

Marine Stewardship Council blue eco-label in stores and restaurants.

 Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the

Support ocean-friendly seafood in three easy steps:

You Can Make A Difference By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overimport over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.

Why Do Your Seafood Choices Matter?