

How to use this guide

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Please read all columns and be sure to check labels or ask questions when shopping or eating out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

If you're not sure, choose something else from the green or yellow columns.

This Seafood Guide was last updated in **October 2006.**

Make Choices for Healthy Oceans

You Have the Power

Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

Contaminant information provided by:
ENVIRONMENTAL DEFENSE

Learn more

Visit www.seafoodwatch.org for:

- More detailed information about these recommendations
- Recommendations for seafood not on this list
- The latest version of this and other regional guides
- Information on seafood and your health and much more...



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Seafood WATCH®



YELLOWFIN TUNA

National
Seafood Guide
2007

Seafood may appear in more than one column

Visit www.msc.org
Stewardship Council standard.
* Certified as sustainable to the Marine
Visit www.oceansalive.org/eatcm
mercury or other contaminants.
* Limit consumption due to concerns about
Mid-Atlantic = North Carolina to New York
Northeast = Connecticut to Maine

Key

Best Choices are abundant, well managed 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 caught or farmed in ways that harm other marine life or the environment.

Support Ocean-Friendly Seafood

Chilean Seabass/Toothfish*
Cod: Atlantic
Cod: King (imported)
Crab: King (imported)
Founders, Soles (Atlantic)
Groupers*
Halibut: Atlantic
Lobster: Spiny (Caribbean imported)
Mahi mahi/Dolphinfish (imported)
Monkfish
Orange Roughy*
Rockfish (Pacific)*
Salmon (farmed, including Atlantic)*
Scallops: Sea (Mid-Atlantic)
Sharks*
Shrimp (imported farmed or wild)
Snapper: Red*
Sturgeon, Caviar (imported wild)
Swordfish (imported)*
Tuna: Albacore, Bigeye, Yellowfin (longline)*
Tuna: Bluefin*

AVOID

Basa/Tra (farmed)
Clams (wild)
Clams (US farmed)
Crab: Pacific (trawled)
Crab: Blue*, King (Alaska), Snow (US)
Crab: Imitation/Surimi
Founders, Soles (Pacific)
Lobster: American/Maine
Mahi mahi/Dolphinfish (US)
Oysters (wild)*
Oysters: Sea (Northeast and Canada)
Shrimp (US farmed or wild)
Squid
Swordfish (US longline)*
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: canned light, canned white/Albacore*
Shrimp (imported farmed or wild)
Scallops: Sea (Northeast and Canada)
Shrimp (US farmed or wild)
Oysters (wild)*
Mahi mahi/Dolphinfish (US)
Oysters (wild)*
Oysters: Sea (Northeast and Canada)
Scallops: Sea (Northeast and Canada)
Shrimp (US farmed or wild)
Squid
Swordfish (US longline)*
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: canned light, canned white/Albacore*

GOOD ALTERNATIVES

Arctic Char (farmed)
Barramundi (US farmed)
Catfish (US farmed)
Clams (farmed)
Cod: Pacific (Alaska longline)*
Crab: Dungeness, Snow (Canada), Stone
Hailbut: Pacific
Herring: Atlantic/Sardines
Lobster: Spiny (US)
Mussels (farmed)
Oysters (farmed)
Polarcod (Alaska wild)*
Salmon (Alaska wild)*
Scallops: Bay (farmed)
Striped Bass (farmed or wild*)
Sturgeon, Caviar (farmed)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (British Columbia),
US troll/pole)
Tuna: Skipjack (troll/pole)

BEST CHOICES