

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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MONTEREY BAY AQUARIUM

Seafood WATCH



CHINOOK SALMON

West Coast 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/eat.cfm
mercury or other contaminants.
* Limit consumption due to concerns about
Northeast = Connecticut to Maine
Mid-Atlantic = North Carolina to New York
OR = Oregon WA = Washington
BC = British Columbia CA = California

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)
Dogfish (US)*
Grenadier/Pacific Roughy
Lobster: Spiny (Caribbean imported)
Mahi mahi/Dolphinfish (imported)
Monkfish
Orange Roughy*
Rockfish (trawled)*
Salmon (farmed, including Atlantic)*
Scallops: Sea (Mid-Atlantic)
Sharks*
Shrimp (imported farmed or wild)
Sturgeon*, Caviar (imported wild)
Swordfish (imported)*
Tuna: Albacore, Bigeye, Yellowfin (longline)*
Tuna: Bluefin*
Tuna: Albacore, Bigeye, Yellowfin (longline)*

AVOID

Basa/Tra (farmed)
Clams, Oysters* (wild)
Cod: Pacific (trawled)
Crab: King (Alaska), Snow (US), imitation
Dogfish (BC)*
Flounders, Soles (Pacific)
Lingcod
Lobster: American/Maine
Mahi mahi/Dolphinfish (US)*
Rockfish (Alaska, BC hook & line)*
Sablefish/Black Cod (CA, OR, WA)
Salmon (CA, OR, WA wild)
Sanddabs: Pacific
Scallops: Sea (Canada and Northeast)
Shrimp (US farmed or wild)
Spot Prawn (US)
Squid
Sturgeon (OR, WA wild)*
Swordfish (US longline)*
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: canned light, canned white/Albacore*

GOOD ALTERNATIVES

Abalone (farmed)
Barramundi (US farmed)
Clams, Mussels, Oysters (farmed)
Cod: Pacific (Alaska longline)*
Crab: Dungeness, Snow (Canada)
Halibut: Pacific
Lobster: Spiny (US)
Pollack (Alaska wild)*
Rockfish: Black (CA, OR)
Sablefish/Black Cod (Alaska, BC)
Salmon (Alaska wild)*
Sardines
Scallops: Bay (farmed)
Shrimp: Pink (OR)
Spot Prawn (BC)
Striped Bass (farmed)
Sturgeon, Caviar (farmed)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (BC, US troll/pole)
Tuna: Skipjack (troll/pole)
White Seabass

BEST CHOICES