

Monterey Bay Aquarium Seafood Watch May 2013 Chart of Alternatives

Use this chart to find ocean-friendly alternatives to seafood on the Seafood Watch "Avoid" list.

For more information, including recommendations that didn't fit on this list, visit seafoodwatch.org or **download our app.**

AVOID	BEST CHOICES	GOOD ALTERNATIVES
Caviar (Imported Wild) Caviar: Paddlefish (US Wild) Sturgeon (Imported Wild)	Caviar: White Sturgeon (Farmed in Tank Systems in British Columbia, Canada) Sturgeon: White (Farmed in Tank Systems in British Columbia, Canada)	Caviar: Sturgeon (US Farmed) Sturgeon (US Farmed) Sturgeon: White (Wild-caught from OR and WA)
Chilean Seabass/Patagonian Toothfish (Crozet Islands, Prince Edward & Marion Islands, Chile)	Chilean Seabass/Patagonian Toothfish (Heard & McDonald Islands, Falkland Islands, Macquarie Island) Sablefish/Black Cod/Butterfish (AK and Canadian Pacific)	Chilean Seabass/Patagonian Toothfish (South Georgia, Kerguelen Islands) Chilean Seabass/Antarctic Toothfish (Ross Sea) Sablefish/Black Cod/Butterfish (CA, OR, WA)
Cod: Atlantic (Trawl from Canadian & US Atlantic) Cod: Pacific (Imported)	Cod: Pacific (Bottom Longline, Jig & Trap from US) Cod: Atlantic (Hook-&-Line from Iceland & Northeast Arctic) Haddock (US Atlantic Hook-&-Line)	Cod: Atlantic (Bottom Gillnet, Bottom Longline, Bottom Trawl and Danish Seine from Iceland & Northeast Arctic) Cod: Atlantic (US Gulf of Maine Hook-&-Line) Cod: Pacific (US Trawl) Haddock (Iceland Atlantic & US Atlantic Trawl)
Crab: Red King (Russia)	Crab: Blue (Trotline from Chesapeake Bay) Crab: Dungeness (CA, OR, WA) Crab: Kona (Australia) Crab: Snow (Eastern Bering Sea, Southern Gulf of St. Lawrence, Canada & US) Crab: Stone (US Atlantic and US Gulf of Mexico)	Crab: Blue (US Pot-caught); Crab: Dungeness (AK); Crab: Jonah (US Atlantic); Crab: King (US); Kona (HI); Crab: Snow (Eastern Nova Scotia, Newfoundland & Labrador, Canada)
Dab: Common (Iceland Danish Seine) Flounder: Windowpane (US Georges Bank & Gulf of Mexico Bottom Trawl) Flounder: Witch (US Atlantic Bottom Trawl) Flounder: Yellowtail (US Georges Bank and US Gulf of Mexico Bottom Trawl & Bottom Gillnet) Flounder: Winter (Bottom Gillnet) Halibut: Atlantic (Bottom Trawl) Halibut: California (Set Gillnet)	Cobia (US Farmed) Halibut: Pacific (US)	Flounder, Sanddab, Sole (US Pacific Wild) Flounder: Summer and Winter (US Atlantic Bottom Trawl) Flounder: Windowpane (Bottom Trawl from US Southern New England and US Mid-Atlantic) Halibut: Atlantic (Farmed in Tank Systems in Nova Scotia, Canada) Halibut: California (Hook-&-Line and Bottom Trawl from US Pacific) Plaice: American (US Atlantic) Turbot: Greenland (Canadian Pacific & US Wild)
Grouper (US Atlantic) Grouper: Gag; Snowy; Warsaw; Yellowedge (US Gulf of Mexico)	Mahi Mahi (US Atlantic Troll, Pole) Striped Bass (US Farmed & US Atlantic Hook-&-line)	Black Sea Bass (wild) Grouper: Black & Red (US Gulf of Mexico) Mahi Mahi (US Wild and Imported Troll, Pole) Striped Bass (US Atlantic Gillnet & Pound net)
Hake: White	Tilapia (Farmed in Ecuador & US) Tilapia (Farmed in Tank systems in Canada)	Hake: Offshore, Red & Silver Tilapia (Farmed in China & Taiwan)
Lobster: Caribbean Spiny (Brazil) Lobster: American (Pot and Trap-caught in US Southern New England)	Lobster: California Spiny (CA) Lobster: Caribbean Spiny (FL) Lobster: Spiny (Baja California, Mexico)	Lobster: American (Pot and Trap-caught in US Gulf of Maine, US Georges Bank) Lobster: Caribbean Spiny (Bahamas)
Mahi Mahi (Imported Longline)	Mahi Mahi (US Atlantic Troll, Pole)	Mahi Mahi (US Wild and Imported Troll, Pole)
Marlin: Blue (Imported) Marlin: Striped (Worldwide)	Swordfish (Harpoon & Handline-caught from Canada, US, North Atlantic & East Pacific)	Marlin: Blue (HI Wild) Swordfish (CA Drift Gillnet) Swordfish (HI wild & US Atlantic Longline)
Orange Roughy	Catfish (US Farmed) Tilapia (Farmed in Ecuador & US) Tilapia (Farmed in Tank systems in Canada)	Flounder: Pacific (US Pacific Wild) Flounder: Summer (US Atlantic Wild) Tilapia (Farmed in China & Taiwan)
Rockfish: Pacific (Trawl)	Rockfish: Black (CA, OR, WA Hook-&-Line) Sablefish/Black Cod/Butterfish (AK and Canadian Pacific) Striped Bass (US Farmed & US Atlantic Hook-&-line)	Rockfish (Pacific Hook-&-Line & Jig) Sablefish/Black Cod/Butterfish (CA, OR, WA) Striped Bass (US Atlantic Gillnet & Pound net)
Salmon: Atlantic (Farmed)	Arctic Char (Farmed in Recirculating Systems) Salmon (Drift Gillnet, Purse Seine & Troll from AK) Salmon: Freshwater Coho (US Farmed in Tank Systems)	Salmon (Drift Gillnet, Purse Seine & Troll from CA, OR, WA) Salmon: Coho (Canadian Pacific Wild)
Sharks	Swordfish (Harpoon & Handline-caught from Canada, US, North Atlantic & East Pacific) Sturgeon: White (Farmed in Tank Systems in British Columbia, Canada)	Sharks: Common Thresher & Shortfin Mako (Wild from CA & HI) Sturgeon (US Farmed) Sturgeon: White (OR & WA Wild) Swordfish (CA Drift Gillnet) Swordfish (HI wild & US Atlantic Longline)
Shrimp (Imported)	Prawn: Spot (Canadian Pacific) Shrimp (US Farmed in Fully Recirculating Systems or Inland Ponds) Shrimp: Black Tiger (Farmed using Selva Shrimp® Criteria in Ca Mau Province of Southern Vietnam & other areas of Southeast Asia,) Shrimp: Pink (OR)	Prawn: Spot (US Pacific) Shrimp (Wild from Canada & US) Shrimp (US Farmed in Open Systems) Shrimp (Thailand farmed in Fully Recirculating Systems)
Snapper: Red (Imported & US Gulf of Mexico) Snapper: Vermilion (US)	Tilapia (Farmed in Ecuador & US) Tilapia (Farmed in Tank systems in Canada)	Snapper: Gray; Lane; Mutton; Yellowtail (Wild from US Atlantic & US Gulf of Mexico) Snapper: Gray; Pink; Red; Ruby (HI Wild) Snapper: Silk (Wild from US Caribbean, US Gulf of Mexico & US South Atlantic) Tilapia (Farmed in China & Taiwan)
Swordfish (Imported)	Mahi Mahi (US Atlantic Troll, Pole) Swordfish (Harpoon & Handline-caught from Canada, US, North Atlantic & East Pacific)	Mahi Mahi (US Wild and Imported Troll, Pole) Swordfish (CA Drift Gillnet) Swordfish (HI wild & US Atlantic Longline)
Tilefish: Blueline & Golden (US Gulf of Mexico & US South Atlantic)	Mahi Mahi (US Atlantic Troll, Pole) Striped Bass (US Farmed & US Atlantic Hook-&-line)	Mahi Mahi (US Wild and Imported Troll, Pole) Tilefish: Golden (US Mid-Atlantic) Striped Bass (US Atlantic Gillnet & Pound net)
Tuna: Canned	Tuna: "White" Canned Albacore (Troll, Pole from Canadian & US Pacific) Tuna: "Light" Canned Skipjack (Troll, Pole)	Tuna: "White" Canned Albacore (Troll, Pole except Canadian & US Pacific)
Tuna: Albacore (North Atlantic & All Longline except HI) Tuna: Bigeye (All Longline except US Atlantic) Tuna: Blackfin (All Longline & Purse Seine) Tuna: Bluefin (Wild or Ranched) Tuna: Skipjack (Purse Seine & All Imported Longline) Tuna: Tongol (All Gillnet & Purse Seine except Malaysia) Tuna: Yellowfin (All Purse Seine & Longline except HI & US Atlantic)	Tuna: Albacore (Troll, Pole from Canadian & US Pacific) Tuna: Bigeye (Troll, Pole from US Atlantic) Tuna: Skipjack (Troll, Pole) Tuna: Yellowfin (Troll, Pole from Pacific & US Atlantic)	Tuna: Albacore (HI Longline & South Atlantic Troll, Pole) Tuna: Bigeye (Troll, Pole & US Atlantic Longline) Tuna: Blackfin (Troll, Pole) Tuna: Skipjack (HI & US Atlantic Longline) Tuna: Tongol (Troll, Pole or from Malaysia) Tuna: Yellowfin (Troll, Pole Except Pacific & US Atlantic) Tuna: Yellowfin (HI & US Atlantic Longline)

KEY

AK	Alaska	Mid-Atlantic	New York to North Carolina
CA	California	Northeast	Connecticut to Maine
FL	Florida	South Atlantic	North Carolina to east Florida
HI	Hawaii	Southeast	South Carolina to Texas
OR	Oregon		
WA	Washington		