



Monterey Bay Aquarium® Seafood Watch®

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this pocket guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	<p>This guide has a limited number of seafood items due to its size. For a full list of our recommendations please visit us online or download the app.</p> <p>Check every column, your favorite seafood could be in more than one.</p> <p>Best Choices Well managed, caught or farmed in environmentally responsible ways.</p> <p>Good Alternatives Some concerns with how they are caught or farmed.</p> <p>Avoid Overfished, or strong concerns with how they are caught or farmed.</p>
<p>Arctic Char (farmed) Bass: Striped (US hook & line, farmed) Catfish (US) Clams, Mussels, Oysters Cod: Atlantic (imported, hook & line) Crab: Dungeness & Stone Croaker: Atlantic (non-trawl) Haddock (US hook & line) Halibut: Pacific (US) Lobster: Spiny (CA, FL & Mexico) Salmon (AK) Scallops (farmed) Squid: Longfin (US) Swordfish (Canada & US harpoon, troll, pole) Tilapia (Ecuador & US) Trout: Rainbow (US farmed) Tuna: Albacore/White canned (Canada & US troll, pole) Tuna: Skipjack/Light canned (US troll, pole) Tuna: Yellowfin (US troll, pole)</p>	<p>Bluefish (US) Cod: Atlantic (imported) Crab: Blue Crab: King (US) Haddock Hake (US) Lobster: American Mahi Mahi (US) Monkfish (US) Pollock: Alaska (US) Pollock: Atlantic Scallops (wild) Sea Bass: Black (US Mid-Atlantic) Shrimp (Canada & US wild) Squid (US) Swordfish (US) Tilapia (China & Taiwan) Tuna: Albacore/White canned (US longline) Tuna: Skipjack/Light canned (imported troll, pole and US longline) Tuna: Yellowfin (imported troll, pole and US longline)</p>	<p>Abalone (China & Japan) Caviar, Sturgeon (imported wild) Cod: Atlantic (Canada & US) Crab: Red King (Russia) Flounder (US) Hake: White (US) Halibut: Atlantic Mahi Mahi (imported) Orange Roughy Salmon: Atlantic (farmed) Sharks Shrimp (imported) Snapper: Red (US) Squid (imported) Swordfish (imported) Tuna: Albacore/White canned (except Canada & US troll, pole and US longline) Tuna: Bluefin Tuna: Skipjack/Light canned (except troll, pole and US longline) Tuna: Yellowfin (except troll, pole and US longline)</p>	<p>This guide has a limited number of seafood items due to its size. For a full list of our recommendations please visit us online or download the app.</p> <p>Check every column, your favorite seafood could be in more than one.</p> <p>Best Choices Well managed, caught or farmed in environmentally responsible ways.</p> <p>Good Alternatives Some concerns with how they are caught or farmed.</p> <p>Avoid Overfished, or strong concerns with how they are caught or farmed.</p>
 <p>Monterey Bay Aquarium Seafood Watch® AMERICAN LOBSTER Northeast Consumer Guide Fall/Winter 2013</p>	<p>Stay Connected</p> <ul style="list-style-type: none"> • Visit seafoodwatch.org • Download our free app • Join us on Facebook and Twitter <p>Monterey Bay Aquarium</p> <p><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2013. All rights reserved. Printed on recycled paper.</small></p>	<p>Take Action</p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> 1. ASK: "Do you sell sustainable seafood?" Let businesses know this is important to you. 2. BUY: From our Best Choices list. If not available, choose from the Good Alternatives list. 3. LOOK: For the Marine Stewardship Council blue eco-label in stores and restaurants. <p>Updated July 2013</p> 	<p>Your Choices Matter</p> <p>Worldwide, the demand for seafood is increasing; yet many of the fish we enjoy are in trouble due to overfishing or destructive fishing and farming practices. Purchase fish caught or farmed using environmentally responsible practices to support healthy, abundant oceans.</p>

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