

## 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 2007**.

## 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](http://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...

Brought to you in partnership with:



**THE NATIONAL AVIARY**

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2007. All rights reserved. Printed on recycled paper.



MONTEREY BAY AQUARIUM

# Seafood WATCH<sup>®</sup>



YELLOWFIN TUNA

## National Seafood Guide 2008

### BEST CHOICES

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

### GOOD ALTERNATIVES

Basa, Swai (farmed)  
Clams (wild)  
Cod: Pacific (trawled)  
Crab: Blue\*, King (US), Snow  
Crab: Imitation/Surimi  
Flounders, Soles (Pacific)  
Lobster: American/Maine  
Mahi mahi/Dolphinfish (US)  
Oysters (wild)\*  
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\*

### AVOID

Chilean Seabass/Toothfish\*  
Cod: Atlantic  
Crab: King (imported)  
Flounders, 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\*

### Support Ocean-Friendly Seafood

**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.

#### Key

Northeast = Connecticut to Maine  
Mid-Atlantic = North Carolina to New York  
\* Limit consumption due to concerns about mercury or other contaminants.  
Visit [www.oceansalive.org/eat.cfm](http://www.oceansalive.org/eat.cfm)

+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit [www.msc.org](http://www.msc.org)

Seafood may appear in more than one column