


BEST CHOICES	GOOD ALTERNATIVES	AVOID	Start with “Best Choices” then check the other columns—your favorite seafood could be in more than one.
<p>Arctic Char (farmed) Barramundi (US & Vietnam farmed) Bass: Striped (US hook and line, farmed) Bluefish (US hook and line) Catfish (US) Clams, Mussels & Oysters Cod: Atlantic (imported hook and line) Croaker: Atlantic (beach seine) Mahi Mahi (US Atlantic troll, pole and line) Prawn: Spot (AK) Rockfish (CA, OR & WA) Salmon (AK & New Zealand) Scallops (farmed) Seaweed (farmed) Shrimp (AK wild, US farmed) Swordfish (Canada & US buoy, handline, harpoon) Tilapia (Ecuador & US) Trout: Rainbow (US farmed) Tuna: Albacore (Pacific troll, pole and line) Tuna: Skipjack (Pacific troll, pole and line)</p>	<p>Bluefish (US gillnet and trawl) Branzino (Mediterranean farmed) Cod: Atlantic (Georges Bank trawl, handline and imported) Crab: Blue & King (US) Croaker: Atlantic Haddock (Georges Bank) Hake: White (US) Halibut (US Pacific gillnet and trawl) Lobster (Bahamas & US) Monkfish (US) Pollock (Canada & US) Scallops (wild) Shrimp (Canada & US wild, Ecuador farmed) Snapper (US) Squid (Mexico & US) Swordfish (US) Tilapia (China & Taiwan) Tuna: Albacore (US longline) Tuna: Skipjack (free school, imported troll, pole and line, and US longline) Tuna: Yellowfin (free school, imported troll, pole and line, and HI longline)</p>	<p>Cod: Atlantic (Canada & US) Crab: Atlantic Rock & Jonah (US) Crab: Canned (imported) Crab: Red King (Russia) Haddock (Gulf of Maine) Halibut: Atlantic (US) Mahi Mahi (imported) Orange Roughy Salmon: Atlantic (farmed) Sardines: Atlantic (Mediterranean) Sharks Shrimp (imported) Squid (imported) Swordfish (imported longline) Tuna: Albacore (except US troll, pole and line, and longline) Tuna: Bluefin Tuna: Skipjack (imported purse seine) Tuna: Yellowfin (except troll, pole and line, and HI longline)</p>	<p>Best Choices Buy first, they're well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.</p>
 <p>Monterey Bay Aquarium Seafood WATCH AMERICAN LOBSTER Northeast Consumer Guide July – December 2015</p>	<p>Stay Connected</p> <ul style="list-style-type: none"> • Visit seafoodwatch.org • Download our free app • Sign up for our e-news • Join us on Facebook and Twitter <p>Monterey Bay Aquarium</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2015. All rights reserved.</p>	<p>Take Action</p> <p>Be part of the solution and make a difference for our oceans:</p> <p>ASK “Do you participate in the Monterey Bay Aquarium’s Seafood Watch program?” Let businesses know this is important to you.</p> <p>BUY Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.</p> <p>CHOOSE Seafood Watch partners from our website when dining and shopping.</p>	<p>Good Alternatives Buy, but be aware there are concerns with how they’re caught or farmed.</p> <p>Avoid Take a pass on these for now, they’re overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p>Visit us online or download our app for a full list of our recommendations.</p>
			<p>Your Choices Matter</p> <p>Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.</p> <p>Purchase seafood caught or farmed in ways that support healthy oceans—now and for future generations.</p>