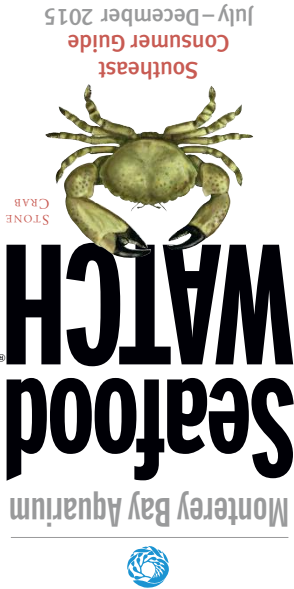



# Monterey Bay Aquarium® Seafood Watch®

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

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 &amp; Vietnam farmed)  Bass: Striped (US hook and line, farmed)  Catfish (US)  Clams, Mussels &amp; Oysters  Cod: Pacific (AK)  Crab: Stone (US)  Crawfish (US farmed)  Mahi Mahi (US Atlantic troll, pole and line)  Mullet: Striped (US wild)  Pompano (US farmed)  Rockfish (CA, OR &amp; WA)  Salmon (AK &amp; New Zealand)  Sardines: Pacific (Canada &amp; US)  Scallops (farmed)  Seaweed (farmed)  Shrimp (AK wild, US farmed)  Tilapia (Ecuador &amp; US)  Trout: Rainbow (US farmed)  Tuna: Albacore (Pacific troll, pole and line)  Tuna: Skipjack (Pacific troll, pole and line)  Wreckfish (US)</p>	<p>Branzino (Mediterranean farmed)  Crab: Blue &amp; King (US)  Crawfish (LA wild)  Grouper: Black &amp; Red (US)  Lobster (Bahamas &amp; US)  Mahi Mahi (Ecuador &amp; US)  Monkfish (US)  Pompano (US wild)  Salmon (CA, OR &amp; WA wild)  Scallops (wild)  Shrimp (Canada &amp; US wild, Ecuador farmed)  Snapper (US)  Squid (Mexico &amp; US)  Swordfish (US)  Tilapia (China &amp; 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)  Wahoo (US)</p>	<p>Conch (wild)  Crab: Red King (Russia)  Crawfish (China)  Lobster: Spiny (Belize, Brazil, Honduras &amp; Nicaragua)  Mahi Mahi (imported)  Orange Roughy  Pompano (imported)  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><b>Best Choices</b>  Buy first, they’re well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.</p> <p><b>Good Alternatives</b>  Buy, but be aware there are concerns with how they’re caught or farmed.</p> <p><b>Avoid</b>  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 <b>full list</b> of our recommendations.</p>
	<p><b>Stay Connected</b></p> <ul style="list-style-type: none"> <li>• Visit <a href="http://seafoodwatch.org">seafoodwatch.org</a></li> <li>• Download our free app</li> <li>• Sign up for our e-news</li> <li>• Join us on Facebook and Twitter</li> </ul> <p>  <b>Monterey Bay Aquarium</b>  <small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2015. All rights reserved.</small></p>	<p><b>Take Action</b></p> <p>Be part of the solution and make a difference for our oceans:</p> <p><b>ASK</b> “Do you participate in the Monterey Bay Aquarium’s Seafood Watch program?” Let businesses know this is important to you.</p> <p><b>BUY</b> Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.</p> <p><b>CHOOSE</b> Seafood Watch partners from our website when dining and shopping.</p>	<p><b>Your Choices Matter</b></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>

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