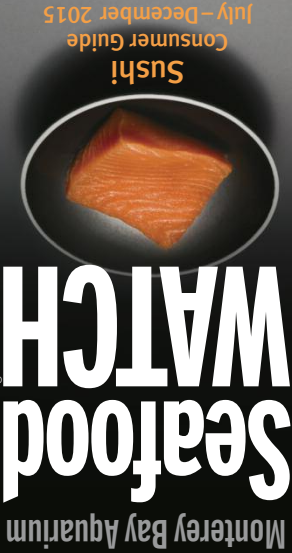


Monterey Bay Aquarium® Seafood Watch®

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>Amaebi/Spot Prawn (Canada & AK) Awabi/Abalone Bincho/Albacore Tuna (Pacific troll, pole and line) Ebi/Shrimp (AK wild, US farmed) Gindara/Sablefish/Black Cod (AK) Hiramasa/California Yellowtail (Mexico & US handline) Ikura/Salmon Roe (AK & New Zealand) Iwana/Arctic Char (farmed) Iwashi/Pacific Sardines (Canada & US) Izumidai/Tilapia (Ecuador & US) Kaki/Oysters Katsuo/Bonito/Skipjack Tuna (Pacific troll, pole and line) Masago/Smelt Roe (Iceland) Nori/Seaweed (farmed) Saba/Atlantic Mackerel (Canada) Sake/Salmon (AK & New Zealand) Sawara/King & Spanish Mackerels (US) Suzuki/Striped Bass (US hook and line, farmed) Uni/Sea Urchin (Canada wild)</p>	<p>Amaebi/Spot Prawn (CA & WA) Bincho/Albacore Tuna (US longline) Ebi/Shrimp (Canada & US wild, Ecuador farmed) Gindara/Sablefish/Black Cod (Canada & US) Hiramasa/California Yellowtail (US gillnet) Hotate/Scallops (wild) Kani/Dungeness Crab (US) Kanikama/Surimi/Pollock (Canada & US) Katsuo/Bonito/Skipjack Tuna (imported troll, pole and line, and US longline) Kodai/Tai/New Zealand Snapper Maguro/Yellowfin Tuna (imported troll, pole and line, and HI longline) Masago/Smelt Roe (Canada) Saba/Atlantic Mackerel (US) Sake/Salmon (Canada, CA, OR & WA wild) Tako/Octopus (Portugal & Spain pot and trap, US) Uni/Red Sea Urchin (CA wild)</p>	<p>Awabi/Abalone (China & Japan) Bincho/Albacore Tuna (except US troll, pole and line, and longline) Buri/Hamachi/Hiramasa/Yellowtail (Australia & Japan farmed) Ebi/Shrimp (imported) Hon Maguro/Bluefin Tuna Iwashi/Atlantic Sardines (Mediterranean) Kani/Red King Crab (Russia) Katsuo/Bonito/Skipjack Tuna (imported purse seine) Kodai/Tai/New Zealand Snapper (trawl, Danish seine) Kuromaguro/Bluefin Tuna Maguro/Yellowfin Tuna (except troll, pole and line, and HI longline) Sake/Salmon: Atlantic (farmed) Tako/Octopus (except Portugal & Spain pot and trap) Unagi/Freshwater Eel (farmed) Uni/Green Sea Urchin (ME wild)</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>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>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><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2015. All rights reserved.</small></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>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>

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