

# 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	Support Ocean-Friendly Seafood
<p>Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams (farmed) Crab: Dungeness, Stone Crawfish/Crayfish (US farmed) Croaker: Atlantic* Halibut: Pacific (US) Mackerel: King*, Spanish* (US) Mahi Mahi (US Atlantic troll/pole) Mullet: Striped Mussels (farmed) Oysters (farmed) Salmon (Alaska wild) Scallops (farmed) Striped Bass (farmed &amp; wild*) Tilapia (US farmed) Trout: Rainbow (US farmed) Tuna: Albacore (Canada &amp; US Pacific, troll/pole) Tuna: Bigeye (US Atlantic troll/pole) Tuna: Skipjack, Yellowfin (US troll/pole) Wreckfish</p>	<p>Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Crab: Blue*, King (US), Snow Flounder: Summer (US Atlantic)* Grouper: Black, Red (US Gulf of Mexico)* Herring: Atlantic Lobster: American/Maine Mahi Mahi (US) Pollock: Alaska (US) Pollock: Atlantic (Canada &amp; US) Pompano: Florida (US) Red Porgy Salmon (CA, OR, WA*, wild) Scallops (wild) Shrimp (US, Canada) Snapper: Gray, Lane*, Mutton*, Yellowtail (US) Swordfish (US)* Tilapia (Central &amp; South America farmed) Tilefish (US Mid-Atlantic)* Tuna: Bigeye, Yellowfin (US Atlantic longline)* Wahoo*</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Conch: Queen Crawfish/Crayfish (imported farmed) Flounders, Halibut, Soles (US Atlantic, except Summer Flounder) Groupers (US Atlantic)* Lobster: Spiny (Brazil) Mahi Mahi (imported longline) Marlin: Blue, Striped (Pacific)* Orange Roughy* Salmon (farmed, including Atlantic)* Sharks* &amp; Skates Shrimp (imported) Snapper: Red, Vermilion Swordfish (imported)* Tilapia (Asia farmed) Tilefish (US Southeast)* Tuna: All Canned, Albacore*, Skipjack, Tongol (except troll/pole) Tuna: Bigeye, Yellowfin (longline, except US Atlantic)* Tuna: Bluefin*</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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.</p> <p><b>Avoid</b> for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b> CA = California OR = Oregon WA = Washington US Mid-Atlantic = North Carolina to New York US Southeast = Texas to South Carolina * Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a> Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>  <p>Seafood may appear in more than one column</p>
 <p>MONTEREY BAY AQUARIUM <b>Seafood WATCH</b> STONE CRAB Southeast Sustainable Seafood Guide January 2012</p>	<p><b>Learn More</b></p> <p>In addition to the recommendations on this guide, we have hundreds more available from our scientists. To see the complete and most up-to-date list visit us:</p> <ul style="list-style-type: none"> <li>• Online at <a href="http://seafoodwatch.org">seafoodwatch.org</a></li> <li>• On our free app</li> <li>• On our mobile site</li> <li>• Or join us on Facebook or Twitter</li> </ul>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2012. All rights reserved. Printed on recycled paper.</p>	<p><b>You Can Make A Difference</b></p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council blue eco-label in stores and restaurants.</li> <li>2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.</li> <li>3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!</li> </ol>	<p><b>Why Do Your Seafood Choices Matter?</b></p> <p>Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overfished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and farming practices only add to the problem.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p>

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