



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>Abalone (US farmed) Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cod: Pacific (Alaska longline) Crab: Dungeness Halibut: Pacific Lobster: Spiny (US) Rockfish: Black (CA, OR, WA, hook & line) Sablefish/Black Cod (Alaska, BC) Salmon (Alaska wild) Sardines: Pacific (US) Scallops (farmed off-bottom) Shrimp: Pink (OR) Striped Bass (farmed or wild*) Tilapia (US farmed) Trout: Rainbow (farmed) Tuna: Albacore including canned white tuna (troll/pole, US and BC) Tuna: Skipjack including canned light tuna (troll/pole) White Seabass</p>	<p>Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Cod: Pacific (US trawled) Crab: King (US), Snow Flounders, Sanddabs, Soles (Pacific) Halibut: California* Lobster: American/Maine Mahi Mahi/Dolphinfish (US) Pollock (Alaska wild) Rockfish (Alaska or BC, hook & line) Sablefish/Black Cod (CA, OR, WA) Salmon (wild, WA and north of Cape Falcon, OR)* Scallops: Sea Shrimp (US, Canada) Spot Prawn (US) Squid Swai, Basa (farmed) Swordfish (US)* Tilapia (Central America farmed) Tuna: Bigeye, Yellowfin (troll/pole) Tuna: Canned white/Albacore (troll/pole except US and BC)</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cod: Atlantic, imported Pacific Cobia (imported farmed) Crab: King (imported) Dogfish (US)* Lobster: Spiny (Brazil) Mahi Mahi/Dolphinfish (imported) Marlin: Blue*, Striped* Monkfish Orange Roughy* Rockfish (trawled) Salmon (farmed, including Atlantic)* Salmon (wild, CA and south of Cape Falcon, OR*) Sharks* Shrimp (imported) Swordfish (imported)* Tilapia (Asia farmed) Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin* and Tongol Tuna: Canned (except troll/pole)*</p>	<p>Support Ocean-Friendly Seafood</p> <p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>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.</p> <p>Avoid for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p>Key BC = British Columbia CA = California OR = Oregon WA = Washington * Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth</p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p> <p>Seafood may appear in more than one column</p>
 <p>MONTEREY BAY AQUARIUM Seafood WATCH CHINOOK SALMON West Coast Sustainable Seafood Guide July 2010</p>	<p>Learn More</p> <p>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit www.seafoodwatch.org. Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2010. All rights reserved. Printed on recycled paper.</p>	<p>You Can Make A Difference</p> <ol style="list-style-type: none"> 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. 2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught. 3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better! 	<p>Why Do Your Seafood Choices Matter?</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 fish 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