

# 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

Amaebi/Spot Prawn (AK & Canada)  
 Awabi/Abalone (farmed)  
 Bincho/Albacore Tuna (troll, pole and line)  
 Ebi/Freshwater Prawn (Canada & US)  
 Ebi/Shrimp (US farmed & AK)  
 Gindara/Sablefish (Canada farmed & AK)  
 Hiramasa/Yellowtail (Mexico & US hook and line)  
 Ikura/Salmon Roe (AK & New Zealand)  
 Iwana/Arctic Char (farmed)  
 Izumidai/Tilapia (Canada, Ecuador, Peru & US)  
 Kani/King Crab (AK)  
 Katsuo/Skipjack Tuna (Pacific troll, pole and line)  
 Nori/Seaweed (farmed)  
 Saba/Atlantic Mackerel (Canada)  
 Sake/Salmon (AK & New Zealand)  
 Sawara/King Mackerel (US)  
 Suzuki/Bass: Striped (US hook and line, farmed)  
 Uni/Sea Urchin (Canada)  
 Zuwaigani/Snow Crab (AK)

## GOOD ALTERNATIVES

Amaebi/Spot Prawn (CA & WA)  
 Bincho/Albacore Tuna (US longline)  
 Ebi/Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
 Gindara/Sablefish (Canada wild)  
 Hiramasa/Yellowtail (US gillnet)  
 Hotate/Sea Scallops (wild)  
 Izumidai/Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)  
 Kani/Dungeness Crab (Canada & US)  
 Kanikama/Surimi/Pollock (Canada longline, gillnet & US)  
 Katsuo/Skipjack Tuna (free school, imported troll, pole and line, and US longline)  
 Kodai/Tai/New Zealand Snapper  
 Maguro/Yellowfin Tuna (free school, troll, pole and line, US longline)  
 Saba/Atlantic Mackerel (US)  
 Tako/Octopus (Portugal & Spain pot, trap)  
 Uni/Red Sea Urchin (CA)

## AVOID

Awabi/Abalone (China & Japan)  
 Bincho/Albacore Tuna (imported except troll, pole and line)  
 Buri/Hamachi/Hiramasa/Yellowtail (Australia & Japan farmed)  
 Ebi/Shrimp (imported)  
 Hon Maguro/Bluefin Tuna  
 Iwashi/Atlantic Sardines (Mediterranean)  
 Kani/Crab (Asia & Russia)  
 Kanikama/Surimi/Pollock (Canada trawl)  
 Katsuo/Skipjack Tuna (imported purse seine)  
 Kuromaguro/Bluefin Tuna  
 Maguro/Yellowfin Tuna (longline except US)  
 Sake/Atlantic Salmon (farmed)  
 Tako/Common Octopus (Portugal & Spain trawl, Mexico)  
 Unagi/Eel  
 Uni/Green Sea Urchin (ME)

Many seafood items appear in more than one column. Please be sure to check them all.

### Best Choices

Buy first, they're well managed and caught or farmed responsibly.

### Good Alternatives

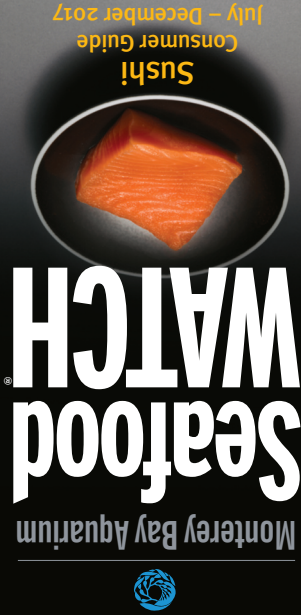
Buy, but be aware there are concerns with how they're caught or farmed.

### 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.

This guide includes some of our recommendations for popular seafood. **For the full list, visit us online or download our app.**

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



Monterey Bay Aquarium



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Take Action

Be part of the solution and make a difference for our ocean: **ASK** "Do you sell sustainable seafood?" Let businesses know this is important to you. **BUY** Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website. **CHOOSE** Seafood Watch partners from our app or website when dining and shopping.

Your Choices Matter

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Purchase seafood caught or farmed in ways that support a healthy ocean—now and for future generations.