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** are abundant, well-managed and caught or farmed in environmentally friendly ways.

**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.

**Avoid** for now as these items are overfished or caught in ways that harm other marine life or the environment.

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### Best Choices

- Amaebi/Spot Prawn (BC)
- Awabi/Abalone (US farmed)
- Gindara/Sablefish/Black Cod (AK, BC)
- Ikura/Salmon roe (AK wild)
- Iwana/Arctic Char (farmed)
- Iwashis/Pacific Sardines (US)
- Izumida/Tilapia (US farmed)
- Kaki/Oysters (farmed)
- Kani/Crab: Dungeness, Stone
- Kani/Crab: King (imported)
- Kani/Crab: Blue, King (US)
- Kanikama/Surimi/Alaska Pollock
- Kodai/Tai/New Zealand Snapper (bottom longline)
- Maguro/Tuna: Bigeye, Yellowfin (troll/pole)
- Masago/Smelt Roe (Canada)
- Masago/Smelt Roe (Canada)
- Shiro Maguro/Albacore Tuna (imported)
- Shiro Maguro/Albacore Tuna (Hawaii)
- Squid/Tai/Red Porgy (US)
- Toro/Tuna: Bigeye, Yellowfin (troll/pole)
- Uni/Sea Urchin Roe (Canada)
- Uni/Sea Urchin Roe (Maine)

### Good Alternatives

- Amaebi/Spot Prawn (US)
- Ebi/Shrimp (US, Canada)
- Gindara/Sablefish/Black Cod (CA, OR or WA)
- Hiramura/Karei/Flounders, Soles (Pacific)
- Hotate/Sea Scallops
- Izumida/Tilapia (Central & South America farmed)
- Kani/Crab: Blue, King (US), Snow
- Kanikama/Surimi/Alaska Pollock
- Kodai/Tai/New Zealand Snapper
- Maguro/Tuna: Bigeye, Yellowfin (troll/pole)
- Masago/Smelt Roe (Canada)
- Shiro Maguro/Albacore Tuna (imported)
- Shiro Maguro/Albacore Tuna (Hawaii)
- Squid/Tai/Red Porgy (US)
- Toro/Tuna: Bigeye, Yellowfin (troll/pole)
- Uni/Sea Urchin Roe (CA)

### Avoid

- Ankimo/Monkfish Liver
- Anko/Monkfish
- Ebi/Shrimp (imported)
- Hamachi/Hiramasa/Yellowtail (imported, farmed)
- Hiramura/Karei/Flounders, Soles, Halibut (Atlantic)
- Hon Maguro/Bluefin Tuna* (troll/pole)
- Izumida/Tilapia (Asia farmed)
- Kani/Crab: King (imported)
- Kodai/Tai/New Zealand Snapper (trawl)
- Maguro/Tuna: Bigeye*, Yellowfin**
- Sake/Salmon (farmed, including Atlantic*)
- Shiro Maguro/Albacore Tuna (imported)**
- Tai/Red Snapper
- Tako/Octopus
- Toro/Tuna: Bigeye**, Bluefin*, Yellowfin**
- Unagi/Freshwater Eel (farmed)
- Uni/Sea Urchin Roe (Maine)

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**Support Ocean-Friendly Seafood**

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#### Key

- AK = Alaska
- BC = British Columbia
- CA = California
- OR = Oregon
- WA = Washington

#### Why Do Your Seafood Choices Matter?

Worldwide, the demand for seafood is increasing. Yet the fish we enjoy eating are overfished and, in the U.S., we import over 80% of our seafood to meet the demand.

**Support Ocean-Friendly Seafood**

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, the better! Support ocean-friendly seafood in environmentally friendly ways.

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**Learn More**

Visit [www.edf.org/seafoodhealth](http://www.edf.org/seafoodhealth) for more information about your favorite seafoods, including items not listed here, or the Marine Stewardship Council blue eco-label in stores and restaurants.