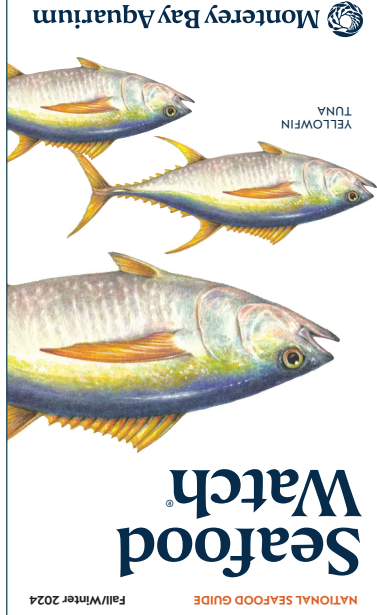


The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

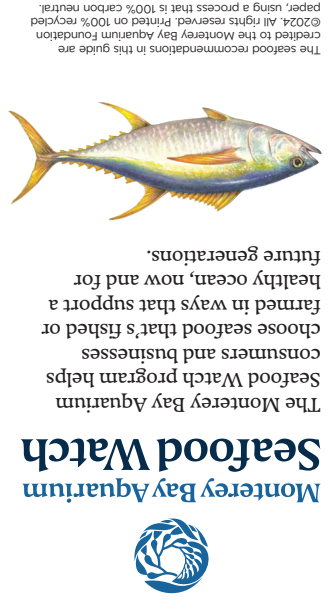
To use your guide:
 1. Cut along outer black line
 2. Fold on grey lines



Fall/Winter 2024 NATIONAL SEAFOOD GUIDE

Monterey Bay Aquarium

- BEST CHOICE** +
- Abalone** (farmed)
 - Arctic char**
 - Bass** (farmed from US)
 - Catfish** (farmed from US)
 - Clams** (farmed)
 - Cod: Pacific** (from AK)
 - Crab: king** (from AK)
 - Flounder** (from AK)
 - Mussels** (farmed)
 - Oysters** (farmed)
 - Rockfish** (from US)
 - Sablefish/black cod** (pots)
 - Salmon** (farmed from New Zealand)
 - Scallops** (farmed)
 - Seaweed** (farmed)
 - Shrimp** (farmed from US)
 - Sole** (from US)
 - Squid** (from CA)
 - Sturgeon** (farmed from US)
 - Swordfish** (from US buoy gear, harpoon, or pole-&-line)
 - Trout** (farmed from US)
 - Tuna: albacore/white** (troll or pole-&-line)
 - Tuna: skipjack/chunk light** (from Pacific troll or pole-&-line)



The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2024. All rights reserved. Printed on 100% recycled paper, using a process that is 100% carbon neutral.

- GOOD ALTERNATIVE** -
- Clams** (wild from US or Canada)
 - Cod: Atlantic** (from US pole-&-line)
 - Loyster: spiny** (from US)
 - Mackerel** (from Ecuador, Japan, or Morocco)
 - Mahi-mahi** (from US)
 - Oysters** (wild from US)
 - Pollock** (from US trawl or pole-&-line; from Canada longline or gillnet)
 - Sablefish/black cod** (all other gear types)
 - Salmon** (wild)
 - Salmon: Atlantic** (farmed from ME)
 - Sardine** (from Japan or Morocco)
 - Scallops** (wild)
 - Shrimp** (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
 - Snapper** (from US)
 - Swordfish** (imported harpoon, troll, pole-&-line; from US gillnet or longline)
 - Tilapia** (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
 - Tuna: canned** (check label for pole-&-line, troll-caught, FAD-free, or free school)
 - Tuna: yellowfin/ahi** (from US; from Atlantic or Pacific free school)

Take action

ASK "Do you sell sustainable seafood?" This simple but powerful action lets businesses know it is important to you.

BUY Best Choice options first.

CHOOSE Good Alternatives if you can't find a Best Choice and visit SeafoodWatch.org for the full list.

SeafoodWatch.org

- AVOID** x
- Basa/pangasius/swai** (imported)
 - Branzino/seabass** (farmed from Mediterranean)
 - Chilean seabass** (from Chile)
 - Cod: Atlantic** (gillnet, longline, or trawl)
 - Crab** (from Asia)
 - Crab: snow** (from Canada)
 - Loyster: American** (from US or Canada)
 - Mahi-mahi** (imported)
 - Octopus**
 - Orange roughy**
 - Pollock** (from US gillnet or Canada trawl)
 - Salmon** (farmed from Canada, Chile, Norway, or Scotland)
 - Sharks**
 - Shrimp** (all other imported options)
 - Squid** (imported)
 - Swordfish** (imported gillnet or longline)
 - Tilapia** (from China)
 - Trout: rainbow** (from Chile)
 - Tuna: bluefin**
 - Tuna** (from Indian Ocean)
 - Tuna** (all other options)

Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

Visit SeafoodWatch.org for our full range of seafood guides. Or scan the QR code below.

How to use this guide

+ BEST CHOICE
 Buy first. It is well managed and caught or farmed in an environmentally responsible manner.

- GOOD ALTERNATIVE
 Buy if a Best Choice option is not available. There are moderate environmental concerns.

x AVOID
 Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

Visit SeafoodWatch.org for the full list of over 2,000 recommendations.