



MONTEREY BAY AQUARIUM®

# Seafood Watch®



YELLOWFIN TUNA

Choices for Healthy Oceans

## Choices for Healthy Oceans

### You Have the Power

Your consumer choices make a difference. Choose seafood from the **Best Choices** list to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

### How to Use This Guide

It's OK to ask questions when shopping or eating out. Ask staff where their seafood is from. Is it farmed or wild-caught? How is it caught? If they're not sure, choose something else.

We update this pocket guide at least twice a year. Visit our web site to obtain the latest version and learn more about seafood. [www.montereybayaquarium.org](http://www.montereybayaquarium.org)

Use This Guide to Make Choices for Healthy Oceans

### BEST CHOICES

These are your best seafood choices! These fish are abundant, well managed and caught or farmed in environmentally friendly ways.

### CAUTION

Think twice before choosing from this list. There are some problems with the way seafood is caught or farmed. However, these are better choices than seafood on the Avoid list.

### AVOID

Avoid these products. These fish come from sources that are over-fished or caught or farmed in ways that harm the environment.

### AVOID

Caviar, Beluga/Osetra/Sevruga

Cod, Atlantic/Icelandic

Crab, King (AK)

Crab, Snow

Lingcod

Monkfish

Orange Roughy

Rockfish/Rock Cod/Pacific Snapper

Salmon (farmed/Atlantic)

Sharks (except U.S. West Coast

Thresher)

Shrimp (imported)

Sturgeon (wild-caught)

Swordfish (Atlantic)

Tuna, Bluefin

AK = Alaska

BC = British Columbia

CA = California

OR = Oregon

U.S. = United States

WA = Washington

### CAUTION

Clams (wild-caught)

Cod, Pacific

Crab, Imitation/Surimi

Crab, King (AK)

Crab, Snow

Lobster, American

Mahi-Mahi

Mussels (wild-caught)

Oysters (wild-caught)

Pollock

Sablefish/Black Cod (CA, WA, OR)

Salmon (OR, WA; wild-caught)

Sanddabs, Pacific

Scallops, Bay/Sea

Shark, Thresher (U.S. West Coast)

Shrimp (U.S. farmed or wild-caught)

Sole, English/Dover/Petrale/Rex

Swordfish (U.S. West Coast)

Tuna, Albacore/Bigeye/Yellowfin

(longline or purse seine-caught)

Tuna, canned

### CAUTION

For more information visit:

[www.montereybayaquarium.org](http://www.montereybayaquarium.org)

Click on the Seafood Watch icon to download the latest version of the card, view seafood fact sheets, link to other resources and much, much more...



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West Coast Seafood Guide

Spring/Summer 2003

### BEST CHOICES

Abalone (farmed)

Catfish (U.S. farmed)

Caviar (farmed)

Crab, Dungeness

Hallbut (Pacific)

Lobster, Rock/Spiny (CA, Australia)

Mussels (farmed)

Oysters (farmed)

Sablefish/Black cod (AK, BC)

Salmon (CA, AK; wild-caught)

Salmon, canned

Sardines

Sea Bass, White

Shrimp/Prawns (trap-caught)

Squid (CA market squid)

Striped Bass (farmed)

Sturgeon (farmed)

Tilapia (farmed)

Trout, Rainbow (farmed)

Tuna, Albacore/Bigeye/Yellowfin

(troll/pole-caught)

### BEST CHOICES