BEST CHOICES

Arctic Char (farmed)

Bass: Striped (US hook & line, farmed)

Catfish (US)

Clams, Mussels & Oysters Cod: Pacific (US hook & line)

Halibut: California (US hook & line) Lobster: Spiny (Mexico)

Prawns: Spot (AK) Rockfish (US)

Sablefish/Black Cod (AK & Canada wild)

Salmon (AK)

Sanddab (CA, OR & WA)

Sardines: Pacific (Canada & US)

Scallops (farmed) Seaweed (farmed)

Shrimp (AK wild, US farmed)

Sole (CA, OR & WA)

Tilapia (Ecuador & US)

Trout: Rainbow (US farmed)
Tuna: Albacore/White canned

(Canada & US troll, pole) Tuna: Skipjack/Light canned

(FAD free, US troll, pole)

Tuna: Yellowfin (US troll, pole)

GOOD ALTERNATIVES

Basa/Pangasius/Swai Cod: Pacific (US trawl)

Crab: Blue & King (US)

Crab: Dungeness

Crab: Pacific Rock (CA & OR)

Halibut (US Pacific gillnet & trawl)

Lobster (Bahamas & US)

Mahi Mahi (Ecuador & US)

Octopus (Spain & US)

Salmon (CA, OR & WA wild)

Scallops (wild)

Shrimp (Canada & US wild,

Ecuador farmed)

Snapper (US)

Sole: Petrale (CA, OR & WA)

Squid (US)

Swordfish (US)

Tilapia (China & Taiwan)

Tuna: Albacore/White canned

(US longline)

Tuna: Skipjack/Light canned (imported troll, pole and US longline)

Tuna: Yellowfin (imported troll, pole and US longline)

AVOID

Cod: Pacific (Japan & Russia) Crab: Red King (Russia) Lobster: Spiny (Belize, Brazil,

Honduras & Nicaragua)

Mahi Mahi (imported)

Orange Roughy

Rockfish (Canada trawl)

Salmon: Atlantic (farmed)
Sardines: Atlantic (Medit. Sea)

Sharks

Shrimp (imported)

Squid (imported)

Swordfish (imported)

Tuna: Albacore/White canned

(except Canada & US troll, pole

and US longline)

Tuna: Bluefin

Tuna: Skipjack/Light canned

(imported longline and purse seine)
Tuna: Yellowfin (except troll, pole
and US longline)

Start with "Best Choices" then check the other columns—your favorite seafood could be in more than one.

Best Choices

Buy first, they're well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.

Good Alternatives

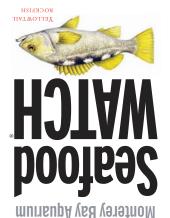
Buy, but be aware there are concerns with how they're caught or farmed.

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.

Visit us online or download our app for a **full list** of our recommendations.

West Coast Consumer Guide January – June 2015



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Monterey Bay Aquarium



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Stay Connected

CHOOSE Seafood Watch partners from our website when dining and shopping.

BUY Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.

ASK "Do you sell sustainable seafood?" Let businesses know this is important to you.

Be part of the solution our oceans:

Take Action

Purchase seafood caught or farmed in ways that support healthy oceans—now and for future generations.

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.

Your Choices Matter