

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

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams (farmed) Cobia (US farmed) Cod: Pacific (Alaska longline)<sup>+</sup> Crab: Dungeness, Stone Halibut: Pacific<sup>+</sup> Lobster: Spiny (US) Mussels (farmed) Oysters (farmed) Sablefish/Black Cod (Alaska<sup>+</sup> or British Columbia) Salmon (Alaska wild)<sup>+</sup> Scallops: Bay (farmed) Shrimp, Pink (Oregon)<sup>+</sup> Striped Bass (farmed or wild*) Tilapia (US farmed) Trout: Rainbow (farmed) Tuna: Albacore (troll/pole, US<sup>+</sup> or British Columbia) Tuna: Skipjack (troll/pole)</p>	<p>Caviar, Sturgeon (US farmed) Clams (wild) Cod: Pacific (US trawled) Crab: Blue*, King (US), Snow Flounders, Soles (Pacific) Herring: Atlantic Lobster: American/Maine Mahi Mahi/Dolphinfish (US) Oysters (wild) Pollock (Alaska wild)<sup>+</sup> Salmon (Washington wild)* Sablefish/Black Cod (California, Oregon or Washington) Scallops: Sea (wild) Shrimp (US, Canada) Squid Swai, Basa (farmed) Swordfish (US)* Tilapia (Central America, farmed) Tuna: Bigeye, Yellowfin (troll/pole) Tuna: Canned Skipjack and Albacore*</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cobia (imported farmed) Cod: Atlantic, imported Pacific Flounders, Halibut, Soles (Atlantic) Groupers* Lobster: Spiny (Caribbean) Mahi Mahi/Dolphinfish (imported) Marlin: Blue*, Striped* Monkfish Orange Roughy* Salmon (farmed, including Atlantic)* Sharks*, Skates Shrimp (imported) Snapper: Red Swordfish (imported)* Tilapia (Asia farmed) Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin*, Tongol, Canned (except Albacore and Skipjack) Yellowtail (imported farmed)</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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.</p> <p><b>Avoid</b> for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b></p> <p>* Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a></p> <p>+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit <a href="http://www.msc.org">www.msc.org</a></p> <p>Seafood may appear in more than one column</p>
<p>MONTEREY BAY AQUARIUM</p>  <p>YELLOWFIN TUNA</p> <p><b>Seafood WATCH</b></p> <p>MONTEREY BAY AQUARIUM</p> <p>National Sustainable Seafood Guide January 2010</p>	<p>Learn More</p> <p>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a>.</p> <p>Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2010. All rights reserved. Printed on recycled paper.</p>	<p><b>You Can Make A Difference</b></p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>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.</li> <li>2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.</li> <li>3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!</li> </ol> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>	<p><b>Why Do Your Seafood Choices Matter?</b></p> <p>Worldwide, the demand for seafood is increasing. Yet fish we enjoy eating are over-fished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p>