

Monterey Bay Aquarium: Seafood Watch Program

THE SEAFOOD WATCH PROGRAM AT MONTEREY BAY AQUARIUM researches the environmental impacts of fisheries and aquaculture operations so that consumers can make the best possible seafood choices that are good for the oceans. To assist consumers, the Seafood Watch program compiles a national guide (see *below*) and updates it on a regular basis. The Seafood Watch program also provides regional guides that contain the latest information on seafood in your area. You can view the national and regional cards on-line or download a pocket-size version at: www.montereybayaquarium.com/cr/cr_seafoodwatch/sfw_regional.aspx. The recommendations in the guides are based on how fish are raised and caught, and where they are from.

Using the Seafood Guides

The seafood items in the Seafood Watch program guides may occur in more than one column based on how they are caught or farmed or where they are from. Be sure to read all columns, check product labels, and ask questions when shopping or eating out:

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

Make Choices for Healthy Oceans

Consumer choices make a difference. Buy seafood from the Best Choices or Good Alternatives columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

Best Choices: These are the best seafood choices. These fish are abundant, well managed, and caught or farmed in environmentally friendly ways.

Good Alternatives: These are good alternatives to the Best Choices column. However, there are some concerns with how they're fished or farmed—or with the health of their habitats due to other human impacts. Visit www.seafoodwatch.org to learn more.

Avoid: Avoid these products, at least for now. These fish come from sources that are either overfished and/or caught or farmed in ways that harm other marine life or the environment. ❖

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National Seafood Guide 2007

Best Choices

Arctic Char (farmed)
Barramundi (U.S. farmed)
Catfish (U.S. farmed)
Clams (farmed)
Cod: Pacific (Alaska longline)[†]
Crabs: Dungeness, Snow (Canada), Stone
Halibut: Pacific
Herring: Atlantic/Sardines
Lobster: Spiny (U.S.)
Mussels (farmed)
Oysters (farmed)
Pollock (Alaska wild)[†]
Salmon (Alaska wild)[†]
Scallops: Bay (farmed)
Striped Bass (farmed or wild*)
Sturgeon, Caviar (farmed)
Tilapia (U.S. farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (British Columbia, U.S. troll/pole)
Tuna: Skipjack (troll/pole)

Good Alternatives

Basa/Tra (farmed)
Clams (wild)
Cod: Pacific (trawled)
Crab: Blue*, King (Alaska), Snow (U.S.)
Crab: Imitation/Surimi
Flounders, Soles (Pacific)
Lobster: American/Maine
Mahi mahi/Dolphinfish (U.S.)
Oysters (wild)*
Scallops: Sea (Northeast and Canada)
Shrimp (U.S. farmed or wild)
Squid
Swordfish (U.S. longline)*
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: canned light, canned white/Albacore*

Avoid

Chilean Seabass/Toothfish*
Cod: Atlantic
Crab: King (imported)
Flounders, Soles (Atlantic)
Groupers*
Halibut: Atlantic
Lobster: Spiny (Caribbean imported)
Mahi mahi/Dolphinfish (imported)
Monkfish
Orange Roughy*
Rockfish (Pacific)*
Salmon (farmed, including Atlantic)*
Scallops: Sea (Mid-Atlantic)*
Sharks*
Shrimp (imported farmed or wild)
Snapper: Red*
Sturgeon*, Caviar (imported wild)
Swordfish (imported)*
Tuna: Albacore, Bigeye, Yellowfin (longline)*
Tuna: Bluefin

Key: [†] = Certified as sustainable to the Marine Stewardship Council standard (visit www.msc.org); * = Limit consumption due to concerns about mercury or other contaminants (visit www.oceansalive.org/eat.dfm); Northeast = Connecticut to Maine; Mid-Atlantic = North Carolina to New York.