

How to use this guide

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Please read all columns and be sure to check labels or ask questions when shopping or eating out.

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

If you're not sure, choose something else from the green or yellow columns.

This Seafood Guide
was last updated in
August 2008.

Learn more

Visit www.seafoodwatch.org for:

- More detailed information about your favorite seafood, including items not on this list
- The most up-to-date version of this and our regional guides

Log in using your mobile device and you'll automatically be directed to the latest online pocket guide.

Created in collaboration with Blue Ocean Institute and Environmental Defense Fund

Make Choices for Healthy Oceans

You Have the Power

Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.



MONTEREY BAY
AQUARIUM

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MONTEREY BAY AQUARIUM

Seafood WATCH

Sustainable Seafood Guide



Sushi

BEST CHOICES

Aji/Sawara/Spanish mackerel*
Amaebi/Spot prawn (BC)
Awabi/Abalone (US farmed)
Gindara/Sablefish/Black cod (AK+, BC)
Hirame/Pacific halibut+
Hotate/Bay scallops (farmed)
Ikura/Salmon roe (AK wild)+
Iwana/Arctic char (farmed)
Iwashi/Sardine (US)
Izumidai/Tilapia (US farmed)
Kaki/Oysters (farmed)
Kanikama/Surimi/Imitation crab
(AK pollock+)
Katsuo/Bonito/Skipjack tuna
(troll/pole)
Masago/Smelt roe (Iceland)
Mirugai/Giant clam/Geoduck (wild)
Murugai/Mussels (farmed)
Sake/Salmon (AK wild)+
Shiro Maguro/Albacore tuna
(troll/pole, BC or US+)
Suzuki/Striped bass (farmed or wild*)
Uni/Sea urchin roe (Canada)

GOOD ALTERNATIVES

Amaebi/Spot prawn (US)
Ebi/Shrimp (US, farmed or wild)
Gindara/Sablefish/Black cod
(CA, OR, WA)
Hamachi/Yellowtail (US farmed)
Hirame/Flounders, Soles (Pacific)
Hotate/Sea scallops (Canada, US)
Ika/Squid
Kani/Crab: Blue*, King (US), Snow
Kanikama/Surimi/Imitation crab
(except AK pollock+)
Katsuo/Bonito/Skipjack tuna (Hawaii)◆
Maguro/Tuna: Bigeye, Yellowfin
(troll/pole)
Masago/Smelt roe (Canada)
Sake/Salmon (WA wild)*
Shiro Maguro/Albacore tuna (Hawaii)◆*
Tai/Red porgy (US)
Toro/Tuna Belly: Bigeye, Yellowfin
(troll/pole)
Uni/Sea urchin roe (CA)

AVOID

Ankimo/Monkfish liver
Ankoh/Monkfish
Ebi/Shrimp (imported, farmed or wild)
Hamachi/Yellowtail (Australia or
Japan, farmed)
Hirame/Flounders, Soles, Halibut
(Atlantic)
Hon Maguro/Bluefin tuna*
Ikura/Salmon roe (farmed,
including Atlantic)
Kani/Crab: King (imported)
Maguro/Tuna: Bigeye◆*, Yellowfin◆*
Sake/Salmon (farmed,
including Atlantic)*
Shiro Maguro/Albacore tuna
(imported)◆*
Tai/Red snapper
Tako/Octopus
Toro/Tuna Belly: Bigeye◆*, Bluefin*,
Yellowfin◆*
Unagi/Freshwater eel
Uni/Sea urchin roe (Maine)

Support Ocean-Friendly Seafood

Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.

Good Alternatives 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.

Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.

Key

AK = Alaska BC = British Columbia
CA = California OR = Oregon
WA = Washington

* Limit consumption due to concerns about mercury or other contaminants.

Visit www.edf.org/seafood

+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org

◆ Indicates longline-caught

Seafood may appear in more than one column