

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

<p>BEST CHOICES</p>	<p>GOOD ALTERNATIVES</p>	<p>AVOID</p>	<p>Support Ocean-Friendly Seafood</p>
<p>Barramundi (US farmed) Catfish (US farmed) Clams (farmed) Cod: Pacific (Alaska longline)+ Crab: Dungeness, Stone Halibut: Pacific+ Herring: Atlantic/Sardines Lobster: Spiny (Pacific Baja wild) Mussels (farmed) Oysters (farmed) Pollock (Alaska wild)+ Salmon (Alaska wild)+ Scallops: Bay (farmed) Striped Bass (farmed) Sturgeon, Caviar (farmed) Tilapia (US farmed) Trout: Rainbow (US farmed) Tuna: Albacore (US+, British Columbia troll/pole) Tuna: Skipjack (troll/pole)</p>	<p>Clams (wild) Crab: Blue*, King (US), Snow Crab: Imitation/Surimi Flounders, Soles (Pacific) Lobster: American/Maine Mahi mahi/Dolphinfish (US) Octopus (Gulf of California) Oysters (wild)* Scallops: Sea (Canada and Northeast) Shrimp (US farmed or wild) Squid: Jumbo (Gulf of California) Swordfish (US longline)* Tuna: Bigeye, Yellowfin (troll/pole) Tuna: canned light, canned white/Albacore*</p>	<p>Chilean Seabass/Toothfish* Cod: Atlantic Corvina (Gulf of California) Crab: King (imported) Flounders, Soles (Atlantic) Groupers* Lobster: Spiny (Caribbean imported) Mahi mahi/Dolphinfish (imported) Monkfish Orange Roughy* Rockfish Salmon (farmed, including Atlantic)* Sea Turtles Scallops: Sea (Mid-Atlantic) Sharks* Shrimp (imported farmed or wild) Snapper: Red Sturgeon*, Caviar (imported wild) Swordfish (imported)* Totoaba (Gulf of California) Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin*</p>	<p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>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.</p> <p>Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p>Key Mid-Atlantic = North Carolina to New York Northeast = Connecticut to Maine Unless specified as from the Gulf of California, these are general species recommendations.</p> <p>*Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm</p> <p>+Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p>Seafood may appear in more than one column</p>
 <p>MONTEREY BAY AQUARIUM Seafood WATCH RED OCTOPUS Southwest Seafood Guide 2008</p>	<p>Learn more</p> <ul style="list-style-type: none"> • More detailed information about these recommendations for seafood • Recommendations for seafood not on this list • The latest version of this and other regional guides • Information on seafood and your health and much more...  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2007. All rights reserved. Printed on recycled paper.</p>	<p>Make Choices for Healthy Oceans</p> <p>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.</p> <ul style="list-style-type: none"> • Where is the seafood from? • Is it farmed or wild-caught? • How was it caught? <p>If you're not sure, choose something else from the green or yellow columns.</p> <p>This Seafood Guide was last updated in October 2007.</p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE</p>	<p>How to use this guide</p> <p>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.</p> <ul style="list-style-type: none"> • Where is the seafood from? • Is it farmed or wild-caught? • How was it caught? <p>If you're not sure, choose something else from the green or yellow columns.</p> <p>This Seafood Guide was last updated in October 2007.</p>