BEST CHOICES

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)

GOOD ALTERNATIVES

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*

AVOID

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*

Support Ocean-Friendly Seafood

Best Choices are abundant, wellmanaged and caught or farmed in environmentally friendly ways.

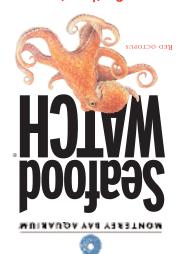
Good Alternatives are an option, but there are concerns with how they're caught or farmed-or with the health of their habitat due to other human impacts.

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

Mid-Atlantic = North Carolina to New York Northeast = Connecticut to Maine Unless specified as from the Gulf of California, these are general species recommendations.

- *Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm
- +Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org Seafood may appear in more than one column

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

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

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

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

How to use this guide

2. Fold on grey lines

To use your pocket guide: 1. Cut along outer black line