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

## BEST CHOICES

Abalone (US farmed)
Arctic Char (farmed)
Barramundi (US farmed)
Catfish (US farmed)
Clams, Mussels, Oysters (farmed)
Cobia (US farmed)
Cod: Pacific (Alaska longline)+
Crab: Dungeness
Halibut: Pacific+
Lobster: Spiny (US)
Rockfish: Black (CA, OR)*
Sablefish/Black Cod (Alaska+, BC)
Salmon (Alaska wild)+
Sardines: Pacific (US)
Scallops: Bay (farmed)
Shrimp: Pink (OR)+
Striped Bass (farmed or wild*)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (troll/pole, US+ or BC)
Tuna: Skipjack (troll/pole)
White Seabass

## GOOD ALTERNATIVES

Caviar, Sturgeon (US farmed)
Clams, Oysters (wild)
Cod: Pacific (US trawled)
Crab: King (US), Snow
Flounders, Sanddabs, Soles (Pacific)
Halibut: California
Lingcod*
Lobster: American/Maine
Mahi Mahi/Dolphinfish (US)
Pollock (Alaska wild)+
Rockfish (Alaska or BC, hook & line)*
Sablefish/Black Cod (CA, OR, WA)
Salmon (WA wild)*
Scallops: Sea (wild)
Shrimp (US, Canada)
Spot Prawn (US)
Squid
Swai, Basa (farmed)
Swordfish (US)*
Tilapia (Central America farmed)
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: Canned Skipjack and Albacore*

## AVOID

Caviar, Sturgeon* (imported wild)
Chilean Seabass/Toothfish*
Cod: Atlantic, imported Pacific
Cobia (imported farmed)
Crab: King (imported)
Dogfish (US)*
Grenadier/Pacific Roughy
Lobster: Spiny (Caribbean)
Mahi Mahi/Dolphinfish (imported)
Marlin: Blue*, Striped*
Monkfish
Orange Roughy*
Rockfish (trawled)*
Salmon (farmed, including Atlantic)*
Sharks*
Shrimp (imported)
Swordfish (imported)*
Tilapia (Asia farmed)
Tuna: Albacore, Bigeye, Yellowfin (longline)*
Tuna: Bluefin*, Tongol, Canned (except Albacore and Skipjack)
Yellowtail (imported farmed)

### 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**

BC = British Columbia CA = California
OR = Oregon WA = Washington
* Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth
+ 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

## Why Do Your Seafood Choices Matter?

Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overfished 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.

By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

Contaminant information provided by:
ENVIRONMENTAL DEFENSE FUND

## You Can Make A Difference

Support ocean-friendly seafood in three easy steps:

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.

2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.

3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!

## Learn More

Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit **www.seafoodwatch.org.**

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.

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# Seafood WATCH®

**West Coast Sustainable Seafood Guide**
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