

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.

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.

This Seafood Guide was last updated in June 2005.

Learn more

Visit www.seafoodwatch.org to download the latest version and Seafood Guides for other regions of the United States. You can also read seafood facts, learn about seafood and your health and much more...

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MONTEREY BAY AQUARIUM*

Seafood WATCH®



CHINOOK SALMON

West Coast Seafood Guide 2005

BEST CHOICES

Abalone (farmed)
Catfish (farmed)
Caviar (farmed)
Clams (farmed)
Crab: Dungeness
Crab: Snow (Canada)
Halibut: Pacific
Lobster: Spiny (US)
Mussels (farmed)
Oysters (farmed)
Pollock (US caught from AK)
Sablefish/Black Cod (AK, BC)
Salmon (wild-caught from AK)
Sardines
Shrimp (trap-caught)
Striped Bass (farmed)
Sturgeon (farmed)
Tilapia (farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (troll/pole-caught)
Tuna: Bigeye (troll/pole-caught)
Tuna: Yellowfin (troll/pole-caught)
White Seabass

GOOD ALTERNATIVES

Clams (wild-caught)
Cod: Pacific
Crab: imitation/Surimi
Crab: King (AK)
Crab: Snow (US)
Lingcod
Lobster: American/Maine
Mahi mahi/Dolphinfish/Dorado
Oysters (wild-caught)
Rockfish (hook & line-caught from AK, BC)*
Sablefish/Black Cod (CA, OR, WA)
Salmon (wild-caught from CA, OR, WA)
Sanddabs: Pacific
Scallops: Bay, Sea
Shrimp (US farmed or trawl-caught)
Sole: English, Dover, Petrale, Rex
Squid
Swordfish* (US)
Tuna: Albacore* (longline-caught)
Tuna: Bigeye (longline-caught)
Tuna: Yellowfin (longline-caught)
Tuna: canned light
Tuna: canned white/Albacore*

AVOID

Caviar (wild-caught)
Chilean Seabass/Toothfish
Cod: Atlantic
Crab: King (imported)
Monkfish
Orange Roughy
Rockfish (trawl-caught)
Salmon (farmed, including Atlantic)
Sharks*
Shrimp (imported farmed or trawl-caught)
Sturgeon (imported wild-caught)
Swordfish* (imported)
Tuna: Bluefin

*Red asterisk indicates a FDA & EPA mercury advisory for women of child-bearing age and children.

AK = Alaska BC = British Columbia
CA = California OR = Oregon
WA = Washington US = United States
* includes bottom longline

Use This Guide to Make Choices for Healthy Oceans

Best Choices

These are your best seafood choices! These fish are abundant, well managed and fished 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 overfished and/or fished or farmed in ways that harm other marine life or the environment.