

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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Seafood WATCH®



YELLOWFIN TUNA

**National
Seafood Guide
2005**

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.

AVOID

Caviar (wild-caught)
Chilean Seabass/Toothfish
Cod: Atlantic
Cod: King (imported)
Crab: King (imported)
Founders (Atlantic) except Summer/Fuke Groupers
Hailbut: Atlantic
Monkfish
Orange Roughy
Rockfish (Pacific)
Salmon (farmed, including Atlantic)
Sharks *
Shrimp (imported farmed or trawl-caught)
Snapper: Red
Soles (Atlantic)
Sturgeon (imported wild-caught)
Swordfish * (imported)
Tuna: Bluefin
*Red asterisk indicates a FDA & EPA mercury advisory for women or child-bearing age and children.

GOOD ALTERNATIVES

Clams (wild-caught)
Cod: Pacific
Cod: Blue
Crab: imitation/Surimi
Crab: King (Alaska)
Crab: Snow (US)
Flounder: Summer/Fuke
Lobster: American/Maine
Mahi mahi/Dolphinfish/Dorado
Oysters (wild-caught)
Scallops: Bay
Scallops: Sea
Shrimp (US farmed or trawl-caught)
Soles (Pacific)
Squid
Swordfish * (US)
Tuna: Albacore * (longline-caught)
Tuna: Bigeye (longline-caught)
Tuna: Yellowfin (longline-caught)
Tuna: canned light
Tuna: canned white/Albacore *

BEST CHOICES

Catfish (farmed)
Caviar (farmed)
Clams (farmed)
Crab: Dungeness
Crab: Snow (Canada)
Crab: Stone
Crab: Pacific
Hailbut: Pacific
Lobster: Spiny (US)
Mussels (farmed)
Oysters (farmed)
Pollack (US caught from Alaska)
Salmon (wild-caught from Alaska)
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)