

Your Choices Matter

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.

Purchase seafood caught or farmed in ways that support a healthy ocean—now and for future generations.

Take Action

Be part of the solution and make a difference for our ocean:

ASK "Do you sell sustainable seafood?" Let businesses know this is important to you.

BUY Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.

CHOOSE Seafood Watch partners from our app or website when dining and shopping.

Stay Connected

- Download our free app
- Join us on Facebook and Twitter
- Sign up for our e-news
- Visit seafoodwatch.org



CRAVE FISHBAR

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Monterey Bay Aquarium

Seafood WATCH[®]



AMERICAN
LOBSTER

Northeast
Consumer Guide

January–June 2016

BEST CHOICES

Arctic Char (farmed)
Barramundi (US & Vietnam farmed)
Bass (US hook and line, farmed)
Bluefish (US handline)
Cattfish (US)
Clams, Mussels & Oysters
Crab: King, Snow & Tanner (AK)
Croaker: Atlantic (beach seine)
Mahi Mahi (US handline)
Prawn: Freshwater (Canada & US)
Prawn: Spot (AK & Canada)
Rockfish (AK, CA, OR & WA)
Salmon (AK & New Zealand)
Sardines: Pacific (Canada & US)
Scallops (farmed)
Seaweed (farmed)
Shrimp (US farmed & AK)
Swordfish (Canada & US buoy, handline, harpoon)
Tilapia (Canada, Ecuador & US)
Tuna: Albacore (Pacific troll, pole and line)
Tuna: Skipjack (Pacific troll, pole and line)

GOOD ALTERNATIVES

Bluefish (US gillnet and trawl)
Branzino (Mediterranean farmed)
Crab: Atlantic Rock (Canada)
Crab: Blue & Dungeness (US)
Croaker: Atlantic
Haddock (Georges Bank)
Hake (US)
Halibut: Atlantic (farmed)
Lobster (Bahamas & US)
Monkfish (US)
Pollock (Canada longline, gillnet & US)
Redfish (US)
Scallops: Sea (wild)
Shrimp (Canada & US wild, Ecuador & Honduras farmed)
Squid (Mexico & US)
Tilapia (China, Indonesia, Mexico & Taiwan)
Tuna: Albacore (US longline)
Tuna: Skipjack (free school, imported troll, pole and line, and US longline)
Tuna: Yellowfin (free school, HI longline, and Pacific & Indian Ocean troll, pole and line)

AVOID

Cod: Atlantic (Canada, CA, OR & WA)
Crab: Atlantic Rock (US)
Crab: Jonah (Canada)
Crab (Russia)
Haddock (Gulf of Maine)
Halibut: Atlantic (wild)
Mahi Mahi (Costa Rica, Guatemala & Peru)
Octopus: Common (Portugal & Spain trawl, Mexico)
Orange Roughy
Pollock (Canada trawl)
Salmon: Atlantic (farmed)
Sardines: Atlantic (Mediterranean)
Sharks
Shrimp (imported)
Squid (China, India & Thailand)
Swordfish (imported longline)
Tuna: Albacore (except US troll, pole and line, and longline)
Tuna: Bluefin
Tuna: Skipjack (imported purse seine)
Tuna: Yellowfin (Atlantic troll, pole and line)

Start with Best Choices then check the other columns—your favorite seafood could be in more than one.

Best Choices

Buy first, they're well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.

Good Alternatives

Buy, but be aware there are concerns with how they're caught or farmed.

Avoid

Take a pass on these for now, they're overfished or caught or farmed in ways that harm other marine life or the environment.

Visit us online or download our app for a **comprehensive list** of our recommendations.