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.

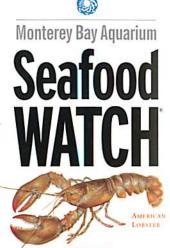
CHOOSE Seafood Watch partners from our app or website when dining and shopping.

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Northeast Consumer Guide January – June 2016

BEST CHOICES

GOOD ALTERNATIVES

Croaker: Atlantic Crab: Blue & Dungeness (US) Crab: Atlantic Rock (Canada) Branzino (Mediterranean farmed) Bluefish (US gillnet and trawl)

Halibut: Atlantic (farmed) Hake (US) Haddock (Georges Bank)

Clams, Mussels & Oysters

Catfish (US) Bluefish (US handline) Bass (US hook and line, farmed)

Barramundi (US & Vietnam farmed)

Arctic Char (farmed)

Redfish (US) Pollock (Canada longline, gillnet & US) Monkfish (US) Lobster (Bahamas & US)

Prawn: Freshwater (Canada & US)

Sardines: Pacific (Canada & US) Salmon (AK & New Zealand) Rockfish (AK, CA, OR & WA) Prawn: Spot (AK & Canada) Mahi Mahi (US handline) Croaker: Atlantic (beach seine) Crab: King, Snow & Tanner (AK)

Tuna: Albacore (US longline) Squid (Mexico & US) Shrimp (Canada & US wild, Ecuador Scallops: Sea (wild) Tuna: Skipjack (free school, imported Tilapia (China, Indonesia, Mexico & Honduras farmed) troll, pole and line, and US longline)

Swordfish (Canada & US buoy, Shrimp (US farmed & AK) Seaweed (farmed) Scallops (farmed)

Tuna: Skipjack (Pacific troll, pole and line) Tuna: Albacore (Pacific troll, pole and line Tilapia (Canada, Ecuador & US) handline, harpoon)

Tuna: Yellowfin (free school, HI longline, and

Pacific & Indian Ocean troll, pole and line)

pole and line)

Cod: Atlantic (Canada, CA, OR & WA

Crab: Atlantic Rock (US)

Halibut: Atlantic (wild) Haddock (Gulf of Maine) Crab: Jonah (Canada) or other wildlife. and caught or farmed in ways Buy first, they're well managed **Best Choices** more than one. check the other columns—your Start with Best Choices then that cause little harm to habitats tavorite seafood could be in

Crab (Russia)

Tuna: Yellowfin (Atlantic troll Swordfish (imported longline) Squid (China, India & Thailand) Shrimp (imported) Sharks Sardines: Atlantic (Mediterranean) Salmon: Atlantic (farmed) Pollock (Canada trawl) Orange Roughy Octopus: Common (Portugal & Spain Mahi Mahi (Costa Rica, Guatemala & Peru) Tuna: Skipjack (imported purse seine) Tuna: Bluefin Tuna: Albacore (except US troll, pole and line, and longline) trawl, Mexico)

> Avoid they're overfished or caught or Take a pass on these for now,

concerns with how they're Buy, but be aware there are

caught or farmed.

Good Alternatives

farmed in ways that harm other

our app for a comprehensive Visit us online or download marine life or the environment list of our recommendations.