

Your Choices Matter

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

You can make a difference for our ocean by making responsible seafood choices.

Use these recommendations for popular seafood when dining and shopping. **For the full list, visit us at SeafoodWatch.org**

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Take Action

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

BUY Best Choices first.

CHOOSE Good Alternatives or the **eco-certified options** if you can't find a Best Choice.



SeafoodWatch.org

Seafood Watch

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.



Monterey Bay Aquarium

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Seafood WATCH®



YELLOWTAIL
ROCKFISH

**West Coast
Consumer Guide**
July - December 2020

BEST CHOICES

Arctic Char (farmed)
Barramundi (US & Vietnam farmed)
Bass: (US farmed)
Catfish (US)
Clams (farmed)
Cockles
Cod: Pacific (AK)
Crab: King, Snow & Tanner (AK)
Lingcod (CA, OR & WA)
Mussels (farmed)
Oysters (farmed & Canada)
Prawn (Canada & US)
Rockfish (AK, CA, OR & WA)
Sablefish/Black Cod (AK)
Salmon (New Zealand, WA lift nets)
Sanddab (CA, OR & WA)
Scallops (farmed)
Shrimp (US farmed)
Sole (US)
Squid (US)
Sturgeon (US farmed)
Tilapia (Canada, Ecuador, Peru & US)
Trout (US farmed)
Tuna: Albacore (trolls, pole and lines)
Tuna: Skipjack (Pacific trolls, pole and lines)

GOOD ALTERNATIVES

Branzino (Mediterranean farmed)
Clams (US & Canada wild)
Cod: Pacific (Canada & US)
Lingcod (AK & Canada)
Lobster: Spiny (Bahamas & US)
Mahi Mahi (Ecuador & US longlines)
Octopus (Canada, Portugal & Spain pots and traps, HI)
Oysters (US wild)
Salmon: Atlantic (BC & ME farmed)
Salmon (CA, OR & WA)
Shrimp (Canada & US wild, Ecuador & Honduras farmed)
Snapper (US)
Squid (Chile, Mexico & Peru)
Swordfish (US)
Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
Trout (Canada & Chile farmed)
Tuna: Albacore (US longlines)
Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
Tuna: Yellowfin (free school, trolls, pole and lines, US longlines)

AVOID

Basa/Pangasius/Swai
Bass: Striped (US gillnet, pound net)
Cod: Pacific (Japan & Russia)
Crab (Argentina, Asia & Russia)
Halibut: Atlantic (wild)
Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
Mahi Mahi (imported)
Octopus (other imported sources)
Orange Roughy
Pollock (Canada trawls & Russia)
Salmon (Canada Atlantic, Chile, Norway & Scotland)
Salmon: Chinook (Puget Sound)
Sharks
Shrimp (other imported sources)
Squid (Argentina, China, India & Thailand)
Swordfish (imported longlines)
Tilapia (China)
Tuna: Albacore (imported except trolls, pole and lines)
Tuna: Atlantic Bluefin (imported longlines)
Tuna: Pacific & Southern Bluefin
Tuna: Skipjack (imported purse seines)
Tuna: Yellowfin (imported longlines except US)

How to Use This Guide

Most of our recommendations, including all **eco-certifications**, aren't on this guide. Be sure to check out SeafoodWatch.org for the full list.

Best Choices

Buy first; they're well managed and caught or farmed responsibly.

Good Alternatives

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

Avoid

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