

Monterey Bay Aquarium® Seafood Watch®

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this pocket guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	
<p>Amaebi/Spot Prawn (Canada & AK) Abalone Bincho/Albacore Tuna (Canada & US troll, pole) Ebi/Shrimp (AK) Gindara/Sablefish/Black Cod (AK) Ikura/Salmon Roe (AK wild) Iwana/Arctic Char (farmed) Iwashi/Pacific Sardines (Canada & US) Izumidai/Tilapia (Ecuador & US) Kaki/Oysters Katsuo/Bonito/Skipjack Tuna (troll, pole) Maguro/Yellowfin Tuna (US troll, pole) Masago/Smelt Roe (Iceland) Saba/Atlantic Mackerel (Canada) Sake/Salmon (AK) Sawara/King & Spanish Mackerels (US) Suzuki/Striped Bass (US hook & line, farmed) Uni/Sea Urchin (Canada wild)</p>	<p>Amaebi/Spot Prawn (CA & WA) Bincho/Albacore Tuna (US longline) Ebi/Shrimp (Canada wild & US) Gindara/Sablefish/Black Cod (CA, OR & WA) Hiramasa/California Yellowtail Hirame/Flounders, Soles (US) Hotate/Scallops (wild) Izumidai/Tilapia (China & Taiwan) Kani/Dungeness Crab (US) Kanikama/Surimi/Alaska Pollock (US) Katsuo/Bonito/Skipjack Tuna (imported troll, pole and US longline) Kodai/Tai/New Zealand Snapper Maguro/Yellowfin Tuna (imported troll, pole and US longline) Masago/Smelt Roe (Canada) Saba/Atlantic Mackerel (US) Sake/Salmon (CA, OR & WA wild) Tai/Red Porgy/Red Snapper (US) Tako/Octopus (Spain & US) Uni/Red Sea Urchin (CA wild)</p>	<p>Awabi/Abalone (China & Japan) Bincho/Albacore Tuna (except Canada & US troll, pole and US longline) Ebi/Shrimp (imported farmed, Mexico wild) Hamachi/Hiramasa/Yellowtail (Australia & Japan farmed) Hon Maguro/Bluefin Tuna Iwashi/Atlantic Sardines (Medit. Sea) Kani/Red King Crab (Russia) Katsuo/Bonito/Skipjack Tuna (except troll, pole and US longline) Maguro/Yellowfin Tuna (except troll, pole and US longline) Sake/Salmon: Atlantic (farmed) Tai/Kodai/New Zealand Snapper (trawl, Danish seine) Tako/Octopus Toro/Bluefin Tuna Unagi/Freshwater Eel (farmed) Uni/Green Sea Urchin (ME wild)</p>	<p>For a full list of our recommendations, please visit us online or download our app.</p> <p>Check every column—your favorite seafood could be in more than one.</p> <p>Best Choices Are well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.</p> <p>Good Alternatives Buy, but be aware there are concerns with how they're caught or farmed.</p> <p>Avoid Take a pass on these for now. These items are overfished or caught or farmed in ways that harm other marine life or the environment.</p>
 <p>Monterey Bay Aquarium Seafood WATCH Sushi Consumer Guide July – December 2014</p>	<p>Stay Connected</p> <ul style="list-style-type: none"> • Visit seafoodwatch.org • Download our free app • Join us on Facebook and Twitter <p> Monterey Bay Aquarium</p> <p><small>©2014. All rights reserved. Printed on recycled paper. The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation</small></p>	<p>Take Action</p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> 1. ASK: "Do you sell sustainable seafood?" Let businesses know this is important to you. 2. BUY: From our Best Choices list. If not available, choose from the Good Alternatives list. 3. LOOK: For the Marine Stewardship Council blue eco-label in stores and restaurants. <p></p>	<p>Your Choices Matter</p> <p>Worldwide, the demand for seafood is increasing; yet many of the fish we enjoy are in trouble due to overfishing or destructive fishing and farming practices. Purchase fish caught or farmed using environmentally responsible practices to support healthy, abundant oceans.</p>

To use your pocket guide: 1. Cut along outer black line 2. Fold along grey lines