




BEST CHOICES	GOOD ALTERNATIVES	AVOID	How to Use This Guide
<p>Arctic Char (farmed) Barramundi (US & Vietnam farmed) Bass (US hooks and lines, farmed) Catfish (US) Clams, Mussels & Oysters Cod: Pacific (AK) Crab: King, Snow & Tanner (AK) Lionfish (US) Lobster: Spiny (Mexico) Prawn (Canada & US) Rockfish (AK, CA, OR & WA) Sablefish/Black Cod (AK) Salmon (New Zealand) Sardines: Pacific (Canada & US) Scallops (farmed) Seaweed (farmed) Shrimp (US farmed & AK) Sole (US) Tilapia (Canada, Ecuador, Peru & US) Trout: Rainbow/Steelhead (US farmed) Tuna: Albacore (trolls, pole and lines) Tuna: Skipjack (Pacific trolls, pole and lines)</p>	<p>Branzino (Mediterranean farmed) Cod: Pacific (Canada & US) Crab: Dungeness (Canada & US) Lobster (Bahamas & US) Mahi Mahi (Ecuador & US longlines) Octopus (Portugal & Spain pots) Sablefish/Black Cod (Canada wild) Salmon (Canada Pacific & US) Scallops: Sea (wild) Shrimp (Canada & US wild, Ecuador & Honduras farmed) Squid (Chile, Mexico, Peru & US) Swordfish (US) Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan) Trout: Rainbow/Steelhead (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)</p>	<p>Basa/Pangasius/Swai Cod: Pacific (Japan & Russia) Crab (Argentina, Asia & Russia) Halibut: Atlantic (wild) Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua) Mahi Mahi (imported) Octopus: Common (Portugal & Spain trawls, Mexico) Orange Roughy Salmon (Canada Atlantic, Chile, Norway & Scotland) Sardines: Atlantic (Mediterranean) Sharks Shrimp (other imported sources) Squid (Argentina, China, India & Thailand) Swordfish (imported longlines) Tuna: Albacore (imported except trolls, pole and lines) Tuna: Bluefin Tuna: Skipjack (imported purse seines) Tuna: Yellowfin (longlines except US)</p>	<p>How to Use This Guide</p> <p>Many seafood items appear in more than one column. Please be sure to check them all.</p> <p>Best Choices Buy first; they're well managed and caught or farmed responsibly.</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; they're overfished or caught or farmed in ways that harm other marine life or the environment.</p>
 <p>Monterey Bay Aquarium Seafood Watch Southwestern Consumer Guide January - June 2018</p>	<p>Seafood Watch</p> <p>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.</p>  <p>Monterey Bay Aquarium</p> <p><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2018. All rights reserved. Printed on recycled paper.</small></p>	<p>Take Action</p> <p>ASK "Are you a Seafood Watch partner?" Let businesses know responsible seafood is important to you.</p> <p>BUY Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.</p> <p>CHOOSE Seafood Watch partners from our app or website when dining and shopping.</p> <p>DOWNLOAD Our free app. SeafoodWatch.org</p> 	<p>Your Choices Matter</p> <p>Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.</p> <p>You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when shopping and dining. For the full list, visit us online or download our free app.</p>

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