

## How to use this guide

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc.

Please read all columns and be sure to check labels or ask questions when shopping and dining out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

If you are not sure, choose something else from the green or yellow columns.

This Seafood Guide was last updated in January 2008.

## Choices for healthy oceans

Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.



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[www.NMSFOcean.org](http://www.NMSFOcean.org)

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## Learn more

For more information please visit:  
[www.sheddaquarium.org](http://www.sheddaquarium.org)



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SHEDD AQUARIUM

## Right Bite



Seafood Wallet Card

## BEST CHOICES

Abalone (farmed)  
Arctic Char (farmed)  
Barramundi (US farmed)  
Catfish (US farmed)  
Clams, Mussels, Oysters (farmed)  
Cod (Alaska longline)+  
Crab: Dungeness, Stone  
Halibut (Pacific)+  
Lake Whitefish (trap net)\*  
Lobster: Spiny (US)  
Pollock (Alaska wild)+  
Sablefish/Black Cod/Butterfish (Alaska+, BC)  
Salmon (Alaska wild)+  
Sardines/Atlantic Herring  
Scallops: Bay (farmed)  
Shrimp: Pink (Oregon wild)+  
Striped Bass (farmed or wild)\*  
Sturgeon, Caviar (farmed)  
Tilapia (US farmed)  
Trout: Rainbow (farmed)  
Tuna: Albacore (US+, BC troll/pole)  
Tuna: Skipjack (troll/pole)  
White Seabass  
Wreckfish  
Yellow Perch (Lake Erie)

## GOOD ALTERNATIVES

Basa, Swai (farmed)  
Clams, Oysters\* (wild)  
Cod (Pacific trawled)  
Crab: Blue/Soft-Shell\*, King (US), Snow  
Crab: Imitation/Surimi  
Flounders, Soles (Pacific)  
Lake Herring  
Lake Trout (Lake Superior)\*  
Lake Whitefish (gillnet)\*  
Lobster: American/Maine  
Mahi mahi/Dolphinfish (US)  
Ono/Wahoo\*  
Opah\*  
Rainbow Smelt  
Round Whitefish  
Salmon (CA, OR, WA wild)  
Scallops: Sea (Northeast and Canada)  
Shrimp (US farmed or wild)  
Snapper: Gray, Lane, Mutton, Yellowtail (US)  
Squid  
Swordfish (US longline)\*  
Tuna: Bigeye, Yellowfin (troll/pole)  
Tuna: canned light, canned white/Albacore\*  
Walleye\*

## AVOID

Chilean Seabass/Toothfish\*  
Cod (Atlantic)  
Crab: King (imported)  
Flounders, Soles (Atlantic)  
Groupers\*  
Halibut (Atlantic)  
Lobster: Spiny (Caribbean imported)  
Lake Trout (Lake Michigan, Lake Huron)\*  
Mahi mahi/Dolphinfish (imported)  
Monkfish  
Orange Roughy\*  
Rockfish (Pacific)  
Salmon (farmed, including Atlantic)\*  
Scallops: Sea (Mid-Atlantic)  
Sharks\*  
Shrimp (imported farmed or wild)  
Snapper: Red  
Sturgeon\*, Caviar (imported wild)  
Swordfish (imported)\*  
Tuna: Albacore, Bigeye, Yellowfin (longline)\*  
Tuna: Bluefin\*

\* Limit consumption due to concerns about mercury or other contaminants.

Contaminant information provided by Environmental Defense. Visit [www.oceansalive.org/eat.cfm](http://www.oceansalive.org/eat.cfm)

## Use this guide to make choices for healthy oceans

**BEST CHOICES** are abundant, well managed and caught or farmed in environmentally friendly ways.

**GOOD ALTERNATIVES** are an option when the “best choices” aren’t available. There are, however, some concerns with how they are caught or farmed, or with the health of their habitat due to other human impacts.

**AVOID** for now as these items are caught or farmed in ways that harm other marine life or the environment.

### Key

Northeast = Connecticut to Maine  
Mid-Atlantic = North Carolina to New York  
BC = British Columbia

+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit [www.msc.org](http://www.msc.org)