

BEST CHOICES

Abalone (farmed)
 Catfish (US farmed)
 Clams, Mussels, Oysters (farmed)
 Cod: Pacific (trap or hook & line-caught)
 Crab: Dungeness, Snow (Canada)
 Halibut: Pacific
 Lobster: Spiny (US)
 Pollock (wild-caught from AK)*
 Sablefish/Black Cod (AK, BC)
 Salmon (wild-caught from AK)*
 Sardines
 Shrimp: Pink (OR)
 Spot Prawn (BC)
 Striped Bass (farmed)
 Sturgeon, Caviar (farmed)
 Tilapia (farmed)
 Trout: Rainbow (farmed)
 Tuna: Albacore, Bigeye, Yellowfin (troll/pole-caught)
 White Seabass

GOOD ALTERNATIVES

Basa/Tra (farmed)
 Clams, Oysters* (wild-caught)
 Cod: Pacific (longline or trawl-caught)
 Crab: King (AK), Snow (US), imitation
 Dogfish (BC)*
 Lingcod
 Lobster: American/Maine
 Mahi mahi/Dolphinfish/Dorado
 Rockfish (hook & line caught from AK, BC)*
 Sablefish/Black Cod (CA, OR, WA)
 Salmon (wild-caught from CA, OR, WA)
 Sanddabs: Pacific
 Scallops: Bay, Sea
 Shrimp (US farmed or wild-caught)
 Sole: English, Dover, Petrale, Rex
 Spot Prawn (US)
 Squid
 Sturgeon (wild-caught from OR, WA)
 Swordfish (US)*
 Tuna: Albacore, Bigeye, Yellowfin, (longline-caught)*
 Tuna: canned light
 Tuna: canned white/Albacore*

AVOID

Chilean Seabass/Toothfish*
 Cod: Atlantic
 Crab: King (imported)
 Dogfish (US)*
 Grenadier/Pacific Roughy
 Lobster: Spiny (Caribbean imported)
 Monkfish
 Orange Roughy*
 Rockfish (trawl-caught)*
 Salmon (farmed, including Atlantic)*
 Sharks*
 Shrimp (imported farmed or wild-caught)
 Sturgeon*, Caviar (imported wild-caught)
 Swordfish (imported)*
 Tuna: Bluefin*

AK = Alaska BC = British Columbia
 CA = California OR = Oregon
 WA = Washington US = United States

* Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm
 * Certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org

Use This Guide to Make Choices for Healthy Oceans

Best Choices

These are your best seafood choices! These fish are abundant, well managed and caught or farmed in environmentally friendly ways.

Good Alternatives

These are good alternatives to the Best Choices column. However, there are concerns with how they're caught or farmed - or with the health of their habitat due to other human impacts.

Avoid

Avoid these fish, at least for now. They come from sources that are overfished and/or caught or farmed in ways that harm other marine life or the environment.

West Coast
 Seafood Guide
 2006

CHINOOK SALMON



Seafood
 WATCH

MONTREY BAY AQUARIUM



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MONTREY BAY
 AQUARIUM



Visit www.seafoodwatch.org for more seafood recommendations and to download the latest version of this guide and Seafood Guides for other regions of the United States. You can also read seafood facts, learn about seafood and your health and much more...

Learn more

Contaminant information provided by:
 ENVIRONMENTAL DEFENSE

You Have the Power
 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.

Make Choices for
 Healthy Oceans

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 or eating out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?
- If you're not sure, choose something else from the green or yellow columns.

This Seafood Guide was last updated in October 2005.

How to use this guide