

## Why Do Your Seafood Choices Matter?

Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are over-fished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.

By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

## You Can Make A Difference

Support ocean-friendly seafood in three easy steps:

1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the  Marine Stewardship Council blue eco-label in stores and restaurants.
2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.
3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!

## Learn More

Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit [www.seafoodwatch.org](http://www.seafoodwatch.org).

Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.



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MONTEREY BAY AQUARIUM

# Seafood WATCH



RAINBOW TROUT

Central US  
Sustainable  
Seafood Guide  
July 2010

### BEST CHOICES

Arctic Char (farmed)  
Barramundi (US farmed)  
Catfish (US farmed)  
Clams (farmed)  
Cod: Pacific (Alaska longline)  
Crab: Dungeness, Stone  
Halibut: Pacific  
Lobster: Spiny (US)  
Mussels (farmed)  
Oysters (farmed)  
Perch: Yellow (Lake Erie)\*  
Salmon (Alaska wild)  
Scallops (farmed off-bottom)  
Striped Bass (farmed or wild\*)  
Tilapia (US farmed)  
Trout: Rainbow (farmed)  
Tuna: Albacore including canned white tuna (troll/pole, US and BC)  
Tuna: Skipjack including canned light tuna (troll/pole)  
Whitefish: Lake (trap net)\*

### GOOD ALTERNATIVES

Caviar, Sturgeon (US farmed)  
Clams, Oysters (wild)  
Cod: Pacific (US trawled)  
Crab: Blue\*, King (US), Snow  
Flounders, Soles (Pacific)  
Herring: Atlantic, Lake  
Lobster: American/Maine  
Mahi Mahi/Dolphinfish (US)  
Perch: Yellow (Lake Huron and Ontario)\*  
Pollock (Alaska wild)  
Scallops: Sea  
Shrimp (US, Canada)  
Smelt: Rainbow  
Squid  
Swai, Basa (farmed)  
Swordfish (US)\*  
Tilapia (Central America farmed)  
Trout: (Lake Superior)\*  
Tuna: Bigeye, Yellowfin (troll/pole)  
Tuna: Canned white/Albacore (troll/pole except US and BC)  
Walleye\*  
Whitefish: Lake Erie (gillnet)\*, Round

### AVOID

Caviar, Sturgeon\* (imported wild)  
Chilean Seabass/Toothfish\*  
Cod: Atlantic, imported Pacific  
Crab: King (imported)  
Flounders, Halibut, Soles (Atlantic)  
Groupers\*  
Lobster: Spiny (Brazil)  
Mahi Mahi/Dolphinfish (imported)  
Monkfish  
Orange Roughy\*  
Rockfish (Pacific trawled)  
Salmon (farmed, including Atlantic)\*  
Sharks\*  
Shrimp (imported)  
Snapper: Red  
Swordfish (imported)\*  
Tilapia (Asia farmed)  
Trout (Lake Huron and Michigan)\*  
Tuna: Albacore, Bigeye, Yellowfin (longline)\*  
Tuna: Bluefin\* and Tongol  
Tuna: Canned (except troll/pole)\*  
Yellowtail (imported farmed)

### Support Ocean-Friendly Seafood

**Best Choices** are abundant, well-managed and caught or farmed in environmentally friendly ways.

**Good Alternatives** are an option, but there are concerns with how they're caught or farmed – or with the health of their habitat due to other human impacts.

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

#### Key

BC = British Columbia

\* Limit consumption due to concerns about mercury or other contaminants. Visit [www.edf.org/seafoodhealth](http://www.edf.org/seafoodhealth)

Contaminant information provided by:  
ENVIRONMENTAL DEFENSE FUND

Seafood may appear in more than one column