

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Abalone (US farmed) Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cod: Pacific (US non-trawled) Crab: Dungeness Halibut: Pacific (US) Lobster: California Spiny (US) Rockfish: Black (CA, OR, WA, hook &amp; line) Sablefish/Black Cod (Alaska &amp; Canada) Salmon (Alaska wild) Sardines: Pacific (US) Scallops (farmed) Shrimp: Pink (OR) Spot Prawn (Canada) Striped Bass (farmed &amp; wild*) Tilapia (US farmed) Trout: Rainbow (US farmed) Tuna: Albacore (Canada &amp; US Pacific, troll/pole) Tuna: Skipjack, Yellowfin (US troll/pole) White Seabass (hook &amp; line)</p>	<p>Basa/Pangasius/Swai (farmed) Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Cod: Pacific (US trawled) Crab: King (US), Snow Flourders, Soles (Pacific) Halibut: California* Lingcod* Lobster: American/Maine Mahi Mahi (US) Pollock: Alaska (US) Rockfish (Pacific hook &amp; line) Sablefish/Black Cod (CA, OR, WA) Salmon (CA, OR, WA*, wild) Sanddabs (Pacific) Scallops (wild) Shrimp (US, Canada) Spot Prawn (US) Squid Swordfish (US)* Tilapia (Central &amp; South America farmed) Tuna: Bigeye, Tongol, Yellowfin (troll/pole) Yellowtail: California (US wild)</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cod: Atlantic (Canada &amp; US) Cod: Pacific (imported) Cobia (imported farmed) Crab: King (imported) Dogfish (US)* Grenadier Lobster: Spiny (Brazil) Mahi Mahi (imported longline) Marlin: Blue, Striped (Pacific)* Monkfish Orange Roughy* Rockfish/"Pacific Snapper" (trawled) Salmon (farmed, including Atlantic)* Sharks* Shrimp (imported) Swordfish (imported)* Tilapia (Asia farmed) Tuna: Albacore*, Bigeye*, Skipjack, Tongol, Yellowfin* (except troll/pole) Tuna: Bluefin* Tuna: Canned (except troll/pole)</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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.</p> <p><b>Avoid</b> for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b> CA = California OR = Oregon WA = Washington * Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a> Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>  <p>Seafood may appear in more than one column</p>
  <p>MONTEREY BAY AQUARIUM Seafood WATCH® CHINOOK SALMON West Coast Sustainable Seafood Guide January 2012</p>	<p><b>Learn More</b></p> <p>In addition to the recommendations on this guide, we have hundreds more available from our scientists. To see the complete and most up-to-date list visit us: • Online at <a href="http://seafoodwatch.org">seafoodwatch.org</a> • On our free app • On our mobile site • Or join us on Facebook or Twitter</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2012. All rights reserved. Printed on recycled paper.</p>	<p><b>You Can Make A Difference</b></p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>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.</li> <li>2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.</li> <li>3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!</li> </ol>	<p><b>Why Do Your Seafood Choices Matter?</b></p> <p>Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overfished 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.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p>

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