

## 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<sup>®</sup>

Sustainable Seafood Guide



Sushi  
July 2010

## BEST CHOICES

Amaebi/Spot Prawn (BC)  
Awabi/Abalone (US farmed)  
Gindara/Sablefish/Black Cod (AK, BC)  
Ikura/Salmon roe (AK wild)  
Iwana/Arctic Char (farmed)  
Iwashi/Pacific Sardines (US)  
Izumidai/Tilapia (US farmed)  
Kaki/Oysters (farmed)  
Kani/Crab: Dungeness, Stone  
Katsuo/Bonito/Skipjack Tuna  
(troll/pole)  
Masago/Smelt Roe (Iceland)  
Mirugai/Giant Clam/Geoduck (wild)  
Muurugai/Mussels (farmed)  
Sake/Salmon (AK wild)  
Sawara/Spanish Mackerel (US)\*  
Shiro Maguro/Albacore Tuna  
(troll/pole, BC and US)  
Suzuki/Striped Bass (farmed or wild\*)  
Uni/Sea Urchin Roe (Canada)

## GOOD ALTERNATIVES

Amaebi/Spot Prawn (US)  
Ebi/Shrimp (US, Canada)  
Gindara/Sablefish/Black Cod  
(CA, OR or WA)  
Hirame/Karei/Flounders,  
Soles (Pacific)  
Hotate/Sea Scallops  
Izumidai/Tilapia (Central America  
farmed)  
Kani/Crab: Blue\*, King (US), Snow  
Kanikama/Surimi/Pollock (AK)  
Maguro/Tuna: Bigeye, Yellowfin  
(troll/pole)  
Masago/Smelt Roe (Canada)  
Sake/Salmon (WA wild)\*  
Shiro Maguro/Albacore Tuna (Hawaii)◆\*  
Squid  
Tai/Red Porgy (US)  
Toro/Tuna: Bigeye, Yellowfin (troll/pole)  
Uni/Sea Urchin Roe (CA)

## AVOID

Ankimo/Monkfish Liver  
Ankoh/Monkfish  
Ebi/Shrimp (imported)  
Hamachi/Hiramasu/Yellowtail  
(imported, farmed)  
Hirame/Karei/Flounders, Soles,  
Halibut (Atlantic)  
Hon Maguro/Bluefin Tuna\*  
Izumidai/Tilapia (Asia farmed)  
Kani/Crab: King (imported)  
Maguro/Tuna: Bigeye◆\*, Yellowfin◆\*  
Sake/Salmon (CA, OR\* wild)  
Sake/Salmon (farmed, including  
Atlantic)\*  
Shiro Maguro/Albacore Tuna◆\*  
(imported)  
Tai/Red Snapper  
Tako/Octopus  
Toro/Tuna: Bigeye◆\*, Bluefin\*,  
Yellowfin◆\*  
Unagi/Freshwater Eel (farmed)  
Uni/Sea Urchin Roe (Maine)

## 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

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

◆ Indicates longline-caught

\* 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