

To use your guide:

1. Cut along outer black line
2. Fold on grey lines



**Monterey Bay Aquarium  
Seafood Watch**

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that supports a healthy ocean, now and for future generations.

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## BEST CHOICE

- Amadai/blue tilefish** (from Atlantic)
- Awabi/abalone** (farmed)
- Bincho/albacore tuna** (from Pacific or Atlantic troll or pole-&-line)
- Ebi/shrimp** (farmed from U.S.)
- Hotate/scallops** (farmed)
- Ika/squid** (from CA)
- Ikura/salmon roe** (farmed from New Zealand)
- Iwana/Arctic char**
- Kaki/oysters** (farmed)
- Katsuo/skipjack tuna** (from Pacific headline or pole-&-line)
- Karei/flounder** (from AK)
- Muurugai/mussels** (farmed)
- Niji-masu/rainbow trout** (farmed from U.S.)
- Nori/wakame/seaweed** (farmed)
- Sake/salmon** (from New Zealand)
- Sawara/king mackerel** (from U.S.)
- Suzuki/bass** (farmed from U.S. or Mexico)
- Uni/green sea urchin** (from Canada Pacific)

## GOOD ALTERNATIVE

- Ahi/yellowfin tuna** (from US; from Atlantic pole-&-line, troll, or FAD-free)
- Amaebi/spot prawn**
- Bincho/albacore tuna** (from Pacific or Atlantic troll or pole-&-line)
- Ebi/shrimp** (wild from U.S. or Canada; farmed from Ecuador or Thailand)
- Gindara/sablefish**
- Hamachi/hiramasaka/kanpachi/yellowtail** (from U.S.)
- Hon maguro/Pacific bluefin tuna** (troll, pole-&-line, or FAD-free)
- Hotate/scallops** (wild)
- Katsuo/skipjack tuna** (from US; from Atlantic pole-&-line, troll, or FAD-free)
- Sake/Atlantic salmon** (farmed from ME or Faroe Islands)
- Sake/salmon** (wild from U.S.)
- Uni/red sea urchin** (from CA)

## AVOID

- Ebi/shrimp** (all other imported options)
- Hamachi/hiramasaka/kanpachi/yellowtail** (from Japan)
- Hon maguro/bluefin tuna** (farmed/ranchered)
- Ika/squid** (imported)
- Iwashi/Atlantic sardines** (from Mediterranean)
- Izumidia/tilapia** (from China)
- Kani/crab** (from Asia)
- Kani/snow crab** (from Canada)
- Niji-masu/rainbow trout** (from Chile)
- Sake/salmon** (farmed from Canada, Chile, Norway, or Scotland)
- Tako/octopus** (Indonesia, Morocco, or Mauritania)
- Tuna** (from Indian Ocean)
- Tuna** (all other options)
- Unagi/eel** (imported farmed)
- Uni/green sea urchin** (from ME)

## How to use this guide

### BEST CHOICE

Buy first. It is well managed and caught or farmed in an environmentally responsible manner.

### GOOD ALTERNATIVE

Buy if a Best Choice option is not available. There are moderate environmental concerns.

### AVOID

Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

This list does not reflect all recommendations, exceptions may apply. View the full list on [SeafoodWatch.org](https://SeafoodWatch.org).

## Take action

**ASK** "Do you sell sustainable seafood?" This simple but powerful action lets businesses know it is important to you.

**BUY** Best Choice options first.

**CHOOSE** Good Alternatives if you can't find a Best Choice and visit [SeafoodWatch.org](https://SeafoodWatch.org) for the full list.



[SeafoodWatch.org](https://SeafoodWatch.org)

## Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

Visit [SeafoodWatch.org](https://SeafoodWatch.org) for our full range of seafood guides. Or scan the QR code below.

