

BEST CHOICES

Calamari/Squid
 Catfish (farmed)
 New Zealand cod/Hoki
 Halibut (Alaska)
 Dungeness crab
 Mahi-mahi/Dolphinfish/Dorado
 Salmon (Alaska, wild-caught)
 Striped bass (farmed)
 Scorpion (farmed)
 Tilapia (farmed)
 Rainbow trout (farmed)

POTENTIAL PROBLEMS

Clams (farmed)
 Imitation crab/Surimi/Fillock
 Snow crab
 Halibut (Farjo/Columbia)
 Mussels (farmed)
 Oysters (farmed)
 Salmon (ECR/WI, wild-caught)
 Bay scallops
 Bay shrimp/Pacific pink shrimp
 Spot prawns (trap-caught only)
 "Turtle-Safe" shrimp/prawns
 English/Potato sole
 Albacore tuna
 (trawl-caught, head and tail)
 Yellowfin tuna/Ki
 (Hawaii, line-caught)

AVOID

Atlantic cod
 Lingcod
 American lobster
 Monkfish
 Orange roughy
 Rockfish/Pacific red snapper/
 Black cod
 Sablefish/Bummerfish/Black cod
 Salmon (farmed)
 Atlantic sea scallops
 Chilean sea bass/
 Patagonian toothfish
 Shark (all)
 Spot prawns (trawl-caught)
 Prawns (wild-caught or farmed)
 Swordfish
 Bluefin tuna



MONTEREY BAY AQUARIUM

SEAFOOD WATCH[®]

a pocket guide



We update our
 recommendations often.
 Check our website at:
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Seafood Watch Pocket Guide Lang Ru

K Morrison



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