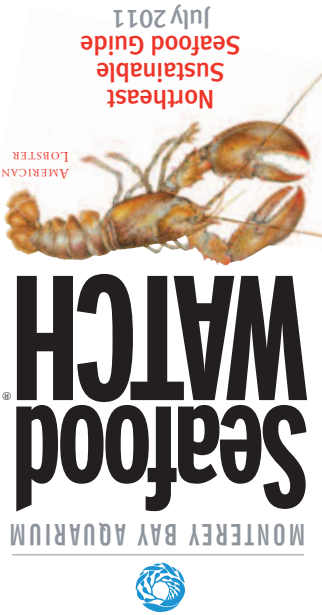



Monterey Bay Aquarium® Seafood Watch®

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this pocket guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Clams: Softshell/Steamers (wild) Cobia (US farmed) Cod: Atlantic (imported hook & line) Crab: Dungeness, Stone Croaker: Atlantic* Haddock (US hook & line) Halibut: Pacific (US) Lobster: Spiny (US) Salmon (Alaska wild) Scallops (farmed off-bottom) Squid: Longfin (US) Striped Bass (farmed and wild*) Swordfish (Canada and US, harpoon and handline)* Tilapia (US farmed) Trout: Rainbow (US farmed) Tuna: Albacore, Skipjack, Yellowfin (US troll/pole) Tuna: Bigeye (US Atlantic troll/pole)</p>	<p>Black Sea Bass (US Mid-Atlantic) Bluefish* Caviar, Sturgeon (US farmed) Clams: Hard, Quahog, Surf (wild) Cod: Atlantic (Gulf of Maine hook & line) Cod: Atlantic (imported) Crab: Blue*, Jonah, King (US), Snow Flounder: Summer (US Atlantic)* Haddock (US trawled and Iceland) Hake: Offshore, Red and Silver Herring: Atlantic Lobster: American/Maine Mahi Mahi (US) Oysters (wild) Pollock: Alaska Pollock: Atlantic (Canada and US) Scallops: Sea Shrimp (US, Canada) Swordfish (US)* Tilapia (Central & South America farmed) Tilefish (US Mid-Atlantic) Tuna: Bigeye, Yellowfin (US Atlantic longline)*</p>	<p>Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cod: Atlantic (trawled, Canada and US) Crab: King (imported) Flounders, Halibut, Soles (US Atlantic, except Summer Flounder) Hake: White Mahi Mahi (imported longline) Monkfish Orange Roughy* Pollock: Atlantic (Iceland trawled) Salmon (farmed, including Atlantic)* Sharks* and Skates Shrimp (imported) Snapper: Red Swordfish (imported)* Tilapia (Asia farmed) Tilefish (US Southeast)* Tuna: All Canned, Albacore*, Skipjack, Tongol (except troll/pole) Tuna: Bigeye, Yellowfin (longline, except US Atlantic)* Tuna: Bluefin*</p>	<p>Support Ocean-Friendly Seafood</p> <p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>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.</p> <p>Avoid for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p>Key US Mid-Atlantic = North Carolina to New York US Southeast = Texas to South Carolina * Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth</p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p> <p>Seafood may appear in more than one column</p>
	<p>Learn More</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2011. All rights reserved. Printed on recycled paper.</p>	<p>You Can Make A Difference</p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> 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! 	<p>Why Do Your Seafood Choices Matter?</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