


BEST CHOICES	GOOD ALTERNATIVES	AVOID	Start with Best Choices then check the other columns—your favorite seafood could be in more than one.
<p>Arctic Char (farmed) Barramundi (US & Vietnam farmed) Bass: Striped (US hook and line, farmed) Catfish (US) Clams, Mussels & Oysters Cod: Pacific (AK) Crab: King, Snow & Tanner (AK) Lingcod (Canada troll & US longline, troll) Lionfish (US) Lobster: Spiny (Mexico) Prawn: Freshwater (Canada & US) Prawn: Spot (AK & Canada) Rockfish (AK, CA, OR & WA) Sablefish (Canada farmed & AK) Salmon (AK & New Zealand) Sanddab (CA, OR & WA) Sardines: Pacific (Canada & US) Scallops (farmed) Shrimp (US farmed & AK) Sole (US) Tilapia (Canada, Ecuador & US) Trout: Rainbow (US farmed) Tuna: Albacore (Pacific troll, pole and line) Tuna: Skipjack (Pacific troll, pole and line)</p>	<p>Branzino (Mediterranean farmed) Cod: Pacific (Canada & US) Crab: Dungeness (Canada & US) Lingcod (Canada) Lobster (Bahamas & US) Mahi Mahi (US troll & Ecuador) Octopus (Portugal & Spain pot, trap) Salmon (Canada, CA, OR & WA wild) Scallops: Sea (wild) Shrimp (Canada & US wild, Ecuador & Honduras farmed) Snapper (US) Squid (Chile, Mexico, Peru & US) Swordfish (US) Tilapia (China, Indonesia, Mexico & Taiwan) Tuna: Albacore (US longline) Tuna: Skipjack (free school, imported troll, pole and line, and US longline) Tuna: Yellowfin (free school, HI longline, and Pacific & Indian Ocean troll, pole and line)</p>	<p>Basa/Pangasius/Swai Cod: Pacific (Japan & Russia) Crab: Blue Swimming (Asia) Crab (Russia) Halibut: Atlantic (wild) Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua) Mahi Mahi (Costa Rica, Guatemala & Peru) Orange Roughy Pollock (Canada trawl) Salmon: Atlantic (farmed) Salmon: Chinook (Puget Sound) Salmon: Coho (Columbia River) Sardines: Atlantic (Mediterranean) Sharks Shrimp (imported, if not listed) Squid (China, India & Thailand) Swordfish (imported longline) Tuna: Albacore (except US troll, pole and line, and longline) Tuna: Bluefin Tuna: Skipjack (imported purse seine) Tuna: Yellowfin (Atlantic troll, pole and line)</p>	<p>Best Choices Buy first, they're well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.</p> <p>Good Alternatives Buy, but be aware there are concerns with how they're caught or farmed.</p> <p>Avoid Take a pass on these for now, they're overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p>Visit us online or download our app for a comprehensive list of our recommendations.</p>
 <p>Seafood WATCH Monterey Bay Aquarium</p> <p>West Coast Consumer Guide July – December 2016</p>	<p>Stay Connected</p> <ul style="list-style-type: none"> • Download our free app • Follow us on Facebook and Twitter • Sign up for our e-news • Visit seafoodwatch.org <p>Monterey Bay Aquarium</p> <p><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2016. All rights reserved. Printed on recycled paper.</small></p>	<p>Take Action</p> <p>Be part of the solution and make a difference for our ocean. ASK "Do you sell sustainable seafood?" Let businesses know this is important to you.</p> <p>BUY Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.</p> <p>CHOOSE Seafood Watch partners from our app or website when dining and shopping.</p>	<p>Your Choices Matter</p> <p>Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Purchase seafood caught or farmed in ways that support a healthy ocean—now and for future generations.</p>

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