


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.

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.


PHILADELPHIA ZOO

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MONTEREY BAY AQUARIUM

Seafood WATCH[®]



AMERICAN
LOBSTER

Northeast
Sustainable
Seafood Guide
January 2011

BEST CHOICES

Arctic Char (farmed)
Barramundi (US farmed)
Catfish (US farmed)
Clams, Mussels, Oysters (farmed)
Clams: Softshell/Steamers (wild)
Cobia (US farmed)
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 or wild*)
Swordfish (Canada and US,
harpoon and handline)*
Tilapia (US farmed)
Trout: Rainbow (US farmed)
Tuna: Albacore including canned
white tuna (troll/pole, US and BC)
Tuna: Skipjack including canned
light tuna (troll/pole)

GOOD ALTERNATIVES

Basa/Pangasius/Swai (farmed)
Black Sea Bass (Mid-Atlantic)
Bluefish*
Caviar, Sturgeon (US farmed)
Clams: Hard, Quahog, Surf (wild)
Crab: Blue*, Jonah, King (US), Snow
Haddock (US trawled and Iceland)
Hake: Offshore, Red and Silver
Herring: Atlantic
Lobster: American/Maine
Mahi Mahi/Dolphinfish (US)
Oysters (wild)
Pollock: Alaska
Pollock: Atlantic (Canada and US)
Scallops: Sea
Shrimp (US, Canada)
Squid (except Longfin US)
Swordfish (US)*
Tilapia (Central & South America farmed)
Tilefish (Mid-Atlantic)
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: Canned white/Albacore
(troll/pole except US and BC)

AVOID

Caviar, Sturgeon* (imported wild)
Chilean Seabass/Toothfish*
Cod: Atlantic
Crab: King (imported)
Flounders, Halibut, Soles (Atlantic)
Hake: White
Mahi Mahi/Dolphinfish (imported)
Marlin: Blue*, Striped*
Monkfish
Orange Roughy*
Pollock: Atlantic (Iceland trawled)
Salmon (farmed, including Atlantic)*
Sharks* and Skates
Shrimp (imported)
Snapper: Red
Swordfish (imported)*
Tilapia (Asia farmed)
Tilefish (Southeast)*
Tuna: Albacore, Bigeye, Yellowfin
(longline)*
Tuna: Bluefin* and Tongol
Tuna: Canned (except troll/pole)*
Yellowtail (imported farmed)

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

BC = British Columbia

Mid-Atlantic = North Carolina to New York

Southeast = Texas to South Carolina

* Limit consumption due to concerns about mercury or other contaminants.

Visit www.edf.org/seafoodhealth

Contaminant information provided by:

ENVIRONMENTAL DEFENSE FUND

Seafood may appear in more than one column