

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

<p>How to use this guide</p> <p>The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Please read all columns and be sure to check labels or ask questions when shopping or eating out.</p> <ul style="list-style-type: none"> • Where is the seafood from? • Is it farmed or wild-caught? • How was it caught? <p>If you're not sure, choose something else from the green or yellow columns.</p> <p style="text-align: center;">This Seafood Guide was last updated in April 2007.</p>	<p>Make Choices for Healthy Oceans</p> <p>You Have the Power</p> <p>Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.</p> <p style="text-align: center;">Contaminant information provided by: ENVIRONMENTAL DEFENSE</p>	<p>Learn more</p> <p>Visit www.seafoodwatch.org for:</p> <ul style="list-style-type: none"> • More detailed information about these recommendations • Recommendations for seafood not on this list • The latest version of this and other regional guides • Information on seafood and your health and much more... <p style="text-align: center;"> MONTEREY BAY AQUARIUM</p> <p style="text-align: center;">The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2007. All rights reserved. Printed on recycled paper.</p>	<p style="text-align: center;"> MONTEREY BAY AQUARIUM</p> <p style="text-align: center;">Seafood WATCH[®]</p> <p style="text-align: center;"> AMERICAN LOBSTER</p> <p style="text-align: center;">Northeast Seafood Guide 2007</p>
<p style="text-align: center;">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 caught or farmed in ways that harm other marine life or the environment.</p> <p style="text-align: center;">Key</p> <p>Northeast = Connecticut to Maine Mid-Atlantic = North Carolina to New York Southeast = Texas to South Carolina * Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm * Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p style="text-align: right;">Seafood may appear in more than one column</p>	<p style="text-align: center;">AVOID</p> <p>Chilean Seabass/Toothfish *</p> <p>Cod: Atlantic</p> <p>Crab: King (imported)</p> <p>Dogfish (Atlantic) *</p> <p>Flourders, Soles (Atlantic)</p> <p>Haddock (trawled)</p> <p>Hake: White</p> <p>Hallbut: Atlantic</p> <p>Mahi mahi/Dolphinfish (imported)</p> <p>Monkfish</p> <p>Orange Roughy *</p> <p>Salmon (farmed, including Atlantic) *</p> <p>Scallops: Sea (Mid-Atlantic)</p> <p>Sharks* and Skates</p> <p>Shrimp (imported farmed or wild)</p> <p>Snapper: Red *</p> <p>Sturgeon*, Caviar (imported wild)</p> <p>Swordfish (imported) *</p> <p>Tilfish (Southeast) *</p> <p>Tuna: Albacore, Bigeye, Yellowfin (longline) *</p> <p>Tuna: Bluefin *</p>	<p style="text-align: center;">GOOD ALTERNATIVES</p> <p>Basa/Tra (farmed)</p> <p>Black Sea Bass</p> <p>Bluefish *</p> <p>Clams: Atlantic Surf, Hard, Ocean</p> <p>Quahog (wild)</p> <p>Crab: Blue*, Jonah, King (Alaska), Snow</p> <p>Crab: Imitation/Surimi</p> <p>Haddock (hook & line)</p> <p>Hake: Silver, Red and Offshore</p> <p>Lobster: American/Maine</p> <p>Mahi mahi/Dolphinfish (US)</p> <p>Oysters (wild) *</p> <p>Scallops: Sea (Canada and Northeast)</p> <p>Scup/Forgy</p> <p>Shrimp: Northern</p> <p>Shrimp (US farmed or wild)</p> <p>Squid</p> <p>Swordfish (US longline) *</p> <p>Tilfish (Mid-Atlantic)</p> <p>Tuna: Bigeye, Yellowfin (troll/pole)</p> <p>Tuna: Canned light, canned white/Albacore *</p>	<p style="text-align: center;">BEST CHOICES</p> <p>Arctic Char (farmed)</p> <p>Barramundi (US farmed)</p> <p>Catfish (US farmed)</p> <p>Clams, Mussels, Oysters (farmed)</p> <p>Clams: Softshell/Steamers (wild)</p> <p>Crab: Dungeness</p> <p>Croaker: Atlantic *</p> <p>Hallbut: Pacific *</p> <p>Herring: Atlantic/Sardines</p> <p>Lobster: Spiny (US)</p> <p>Pollock (Alaska wild) *</p> <p>Salmon (Alaska wild) *</p> <p>Scallops: Bay (farmed)</p> <p>Squid: Longfin (US)</p> <p>Striped Bass (farmed or wild*)</p> <p>Sturgeon, Caviar (farmed)</p> <p>Swordfish (Canada, US harpoon, handline) *</p> <p>Tilapia (US farmed)</p> <p>Trout: Rainbow (farmed)</p> <p>Tuna: Albacore (British Columbia, US troll/pole)</p> <p>Tuna: Skipjack (troll/pole)</p>