

# Monterey Bay Seafood Watch List: Make sure that fish on your dish ain't on the list ...



Written by Administrator

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Like Seafood? Sure you do. But do you like to eat seafood on a list that turns your stomach via your conscience? Maybe not so much. The Monterey Bay Aquarium publishes an bi-annual list of seafood that's healthy, ethical and what seafood you should avoid if you don't want to get ill.

This National Consumer Guide is free and can be downloaded at [www.seafoodwatch.org](http://www.seafoodwatch.org) -- search for Seafood National Guide. Read. Learn, choose what's good for you, your family and the planet. The folks at Monterey Bay Aquarium are world leaders when it comes to keeping track of what's going in the life of our ocean worlds. If they say avoid it, please listen.

<p><b>Your Choices Matter</b></p> <p>Many of the fish we enjoy eat in trouble due to destructive fishing and farming practices.</p> <p>Purchase seafood caught or farmed in ways that support healthy oceans—now and for future generations.</p>	<p><b>Take Action</b></p> <p>Be part of the solution and make a difference for our oceans.</p> <p><b>ASK</b> "Do you participate in the Monterey Bay Aquarium's Seafood Watch program?" Let businesses know this is important to you.</p> <p><b>BUY</b> Best Choices. If unavailable, look for Good Alternatives or the sea-certified options found on our app and website.</p> <p><b>CHOOSE</b> Seafood Watch partners from our website when dining and shopping.</p>	<p><b>Stay Connected</b></p> <ul style="list-style-type: none"><li>• Visit <a href="http://seafoodwatch.org">seafoodwatch.org</a></li><li>• Download our free app</li><li>• Sign up for our e-news</li><li>• Join us on Facebook and Twitter</li></ul> <p></p>	<p></p> <p>Monterey Bay Aquarium <b>Seafood WATCH</b> National Consumer Guide July-December 2015</p>
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## 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 guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	
<p>Abalone                      Arctic Char (farmed)                      Barramundi (US &amp; Vietnam farmed)                      Bass: Striped (US hook and line, farmed)                      Catfish (US)                      Clams, Mussels &amp; Oysters                      Cod: Pacific (AK)                      Lobster: Spiny (Mexico)                      Prawn: Spot (AK &amp; Canada)                      Rockfish (CA, OR &amp; WA)                      Sablefish/Black Cod (AK)                      Salmon (AK &amp; New Zealand)                      Sanddab (CA, OR &amp; WA)                      Sardines: Pacific (Canada &amp; US)                      Scallops (farmed)                      Seaweed (farmed)                      Shrimp (AK wild, US farmed)                      Tilapia (Ecuador &amp; 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: Atlantic (imported)                      Cod: Pacific (Canada &amp; US trawl)                      Crab: Blue &amp; King (US)                      Grouper: Black &amp; Red (US)                      Halibut (US Pacific gillnet and trawl)                      Lobster (Bahamas &amp; US)                      Mahi Mahi (Ecuador &amp; US)                      Monkfish (US)                      Pollock (Canada &amp; US)                      Salmon (Canada, CA, OR &amp; WA wild)                      Scallops (wild)                      Shrimp (Canada &amp; US wild, Ecuador farmed)                      Snapper (US)                      Squid (Mexico &amp; US)                      Swordfish (US)                      Tilapia (China &amp; Taiwan)                      Tuna: Albacore (US longline)                      Tuna: Skipjack (free school, imported troll, pole and line, and US longline)                      Tuna: Yellowfin (free school, imported troll, pole and line, and HI longline)</p>	<p>Abalone (China &amp; Japan)                      Basa/Pangasius/Swai                      Cod: Pacific (Japan &amp; Russia)                      Crab: Red King (Russia)                      Lobster: Spiny (Belize, Brazil, Honduras &amp; Nicaragua)                      Mahi Mahi (imported)                      Orange Roughy                      Salmon: Atlantic (farmed)                      Sardines: Atlantic (Mediterranean)                      Sharks                      Shrimp (imported)                      Squid (imported)                      Swordfish (imported longline)                      Tuna: Albacore (except troll, pole and line, and longline)                      Tuna: Bluefin                      Tuna: Skipjack (imported purse seine)                      Tuna: Yellowfin (except troll, pole and line, and HI longline)</p>	<p>Start with "Best Choices" then check the other columns—your favorite seafood could be in more than one.</p> <p><b>Best Choices</b>                      Buy first, they're well managed and caught or farmed in ways that cause little harm to habitats or other wildlife.</p> <p><b>Good Alternatives</b>                      Buy, but be aware there are concerns with how they're caught or farmed.</p> <p><b>Avoid</b>                      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 <b>full list</b> of our recommendations.</p>