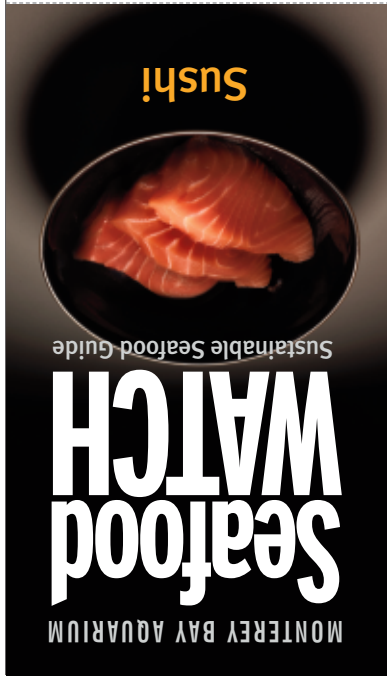


- To use your pocket guide:
1. Cut along outer black line
 2. Fold on grey lines

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Aji/Sawara/Spanish mackerel* Amaebi/Spot prawn (BC) Awabi/Abalone (US farmed) Gindara/Sablefish/Black cod (AK+, BC) Hirame/Pacific halibut+ Hotate/Bay scallops (farmed) Ikura/Salmon roe (AK wild)+ Iwana/Arctic char (farmed) Iwashi/Sardine (US) Izumidai/Tilapia (US farmed) Kaki/Oysters (farmed) Kanikama/Surimi/Imitation crab (AK pollock+) Katsuo/Bonito/Skipjack tuna (troll/pole) Masago/Smelt roe (Iceland) Mirugai/Giant clam/Geoduck (wild) Murugai/Mussels (farmed) Sake/Salmon (AK wild)+ Shiro Maguro/Albacore tuna (troll/pole, BC or US+) Suzuki/Striped bass (farmed or wild*) Uni/Sea urchin roe (Canada)</p>	<p>Amaebi/Spot prawn (US) Ebi/Shrimp (US, farmed or wild) Gindara/Sablefish/Black cod (CA, OR, WA) Hamachi/Yellowtail (US farmed) Hirame/Flounders, Soles (Pacific) Hotate/Sea scallops (Canada, US) Ika/Squid Kani/Crab: Blue*, King (US), Snow Kanikama/Surimi/Imitation crab (except AK pollock+) Katsuo/Bonito/Skipjack tuna (Hawaii)* Maguro/Tuna: Bigeye, Yellowfin (troll/pole) Masago/Smelt roe (Canada) Sake/Salmon (WA wild)* Shiro Maguro/Albacore tuna (Hawaii)* Tai/Red porgy (US) Toro/Tuna Belly: Bigeye, Yellowfin (troll/pole) Uni/Sea urchin roe (CA)</p>	<p>Ankimo/Monkfish liver Ankoh/Monkfish Ebi/Shrimp (imported, farmed or wild) Hamachi/Yellowtail (Australia or Japan, farmed) Hirame/Flounders, Soles, Halibut (Atlantic) Hon Maguro/Bluefin tuna* Ikura/Salmon roe (farmed, including Atlantic)* Kani/Crab: King (imported) Maguro/Tuna: Bigeye*, Yellowfin* Sake/Salmon (farmed, including Atlantic)* Shiro Maguro/Albacore tuna (imported)* Tai/Red snapper Tako/Octopus Toro/Tuna Belly: Bigeye*, Bluefin*, Yellowfin* Unagi/Freshwater eel Uni/Sea urchin roe (Maine)</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>Key AK = Alaska BC = British Columbia CA = California OR = Oregon WA = Washington</p> <p>*Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafood</p> <p>+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p>◆ Indicates longline-caught</p> <p>Seafood may appear in more than one column</p>



Make Choices for Healthy Oceans

You Have the Power
 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.

Log in using your mobile device and you'll automatically be directed to the latest online pocket guide.

Visit www.seafoodwatch.org for more detailed information about your favorite seafood, including items not on this list. The most up-to-date version of this and our regional guides read all columns and be sure to check labels or ask questions when shopping or eating out.

Where is the seafood from? Is it farmed or wild-caught? How was it caught? If you're not sure, choose something else from the green or yellow columns.

This Seafood Guide was last updated in August 2008.

Created in collaboration with Blue Ocean Institute and Environmental Defense Fund

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MONTEREY BAY AQUARIUM

Learn more

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How to use this guide

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.

Where is the seafood from? Is it farmed or wild-caught? How was it caught? If you're not sure, choose something else from the green or yellow columns.

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