

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.

This Seafood Guide was last updated in **April 2006.**

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.

Contaminant information provided by: **ENVIRONMENTAL DEFENSE**

Learn more

Visit www.seafoodwatch.org for

- More detailed information on these recommendations
- Seafood recommendations for other species
- The latest version of this and other regional guides
- Information on seafood and your health and much more...

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MONTEREY BAY AQUARIUM

Seafood WATCH®



RED OCTOPUS

Gulf of California Seafood Guide 2006

(Seafood may appear in more than one column)

Avoid these fish, at least for now. They come from sources that are overfished and/or caught or farmed in ways that harm other marine life or the environment.

Avoid

These are good alternatives to the Best Choices column. However, there are concerns with how they're caught or farmed - or with the health of their habitat due to other human impacts.

Good Alternatives

These are your best seafood choices! These fish are abundant, well managed and caught or farmed in environmentally friendly ways.

Best Choices

Use This Guide to Make Choices for Healthy Oceans

Chilean Seabass/Toothfish*
Cod: Atlantic
Corvina (Gulf of California)
Crab: King (imported)
Flounders, Soles (Atlantic)
Groupers*
Haitu: Atlantic
Lobster: Spiny (Caribbean imported)
Monkfish
Orange Roughy*
Rockfish*
Salmon (farmed, including Atlantic)*
Sea Turtles
Sharks*
Shrimp (imported farmed or wild-caught)
Snapper: Red*
Sturgeon*, Caviar (imported wild-caught)
Swordfish (imported)*
Tooba (Gulf of California)
Tuna: Bluefin*

AVOID

Clams (wild-caught)
Crab: Blue*, King (Alaska), Snow (US)
Crab: Imitation/Surimi
Flounders, Soles (Pacific)
Lobster: American/Maine
Mahi mahi/Dolphinfish/Dorado
Octopus (Gulf of California)
Oysters (wild-caught)*
Scallops: Bay, Sea
Shrimp (US farmed or wild-caught)
Squid: Jumbo (Gulf of California)
Swordfish (US)*
Tuna: Albacore, Bigeye, Yellowfin (longline-caught)*
Tuna: canned light
Tuna: canned white/Albacore*
*Limit consumption due to concerns about mercury or other contaminants. Visit www.seafoodwatch.org/seafood for more information.
*Certified as sustainable by the Marine Stewardship Council standard. Visit www.msc.org

GOOD ALTERNATIVES

Catfish (US farmed)
Clams (farmed)
Cod: Pacific (longline-caught)
Crab: Dungeness, Snow (Canada), Stone from Alaska)*
Haitu: Pacific
Herring: Atlantic/Sardines
Lobster: Spiny (wild-caught from Pacific Baja)*
Mussels (farmed)
Oysters (farmed)
Pollock (wild-caught from Alaska)*
Salmon (wild-caught from Alaska)*
Striped Bass (farmed)
Sturgeon, Caviar (farmed)
Tilapia (US farmed)
Trout: Rainbow (US farmed)
Tuna: Albacore, Bigeye, Yellowfin (troll/pole-caught)
Unless specified as from the Gulf of California, these are general species recommendations.

BEST CHOICES