

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[®]



CHINOOK SALMON

West Coast 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

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 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.

Best Choices

Use This Guide to Make Choices for Healthy Oceans

Chilean Seabass/Toothfish*
Cod: Atlantic
Crab: King (imported)
Dogfish (US)*
Grenadier/Pacific Roughy
Lobster: Spiny (Caribbean imported)
Monkfish
Orange Roughy*
Rockfish (trawl-caught)*
Salmon (farmed, including Atlantic)*
Sharks*
Shrimp (imported farmed or wild-caught)
Sturgeon*, Caviar (imported wild-caught)
Swordfish (imported)*
Tuna: Bluefin*

AK = Alaska BC = British Columbia
CA = California OR = Oregon
WA = Washington US = United States
* Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalmon.org/eat.htm
* Certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org

AVOID

Basa/Tra (farmed)
Clams, Oysters* (wild-caught)
Cod: Pacific (trawl-caught)
Crab: King (AK), Snow (US), Imitation
Dogfish (BC)*
Flounders, Soles (Pacific)
Lingcod
Lobster: American/Maine
Mahi mahi/Dolphinfish/Dorado
Rockfish (hook & line caught from AK, BC)*
Sablefish/Black Cod (CA, OR, WA)
Salmon (wild-caught from CA, OR, WA)
Sanddabs: Pacific
Scallops: Bay, Sea
Shrimp (US farmed or wild-caught)
Squid
Sturgeon (wild-caught from OR, WA)
Swordfish (US)*
Tuna: Albacore, Bigeye, Yellowfin, (longline-caught)*
Tuna: canned light
Tuna: canned white/Albacore*

GOOD ALTERNATIVES

Abalone (farmed)
Catfish (US farmed)
Clams, Mussels, Oysters (farmed)
Cod: Pacific (longline-caught from AK)*
Crab: Dungeness, Snow (Canada)
Halibut: Pacific
Lobster: Spiny (US)*
Pollack (wild-caught from AK)*
Rockfish: Black (CA, OR)
Sablefish/Black Cod (AK, BC)
Salmon (wild-caught from AK)*
Sardines
Shrimp: Pink (OR)
Spot Prawns (BC)
Striped Bass (farmed)
Sturgeon, Caviar (farmed)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore, Bigeye, Yellowfin
White Seabass
(troll/pole-caught)

BEST CHOICES