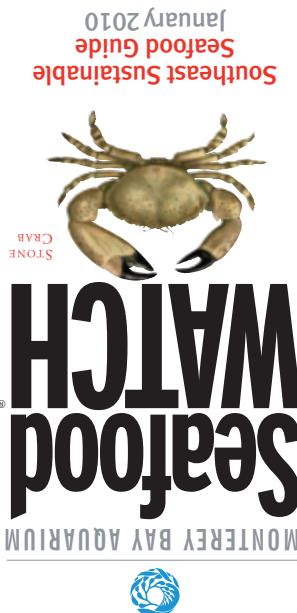


To use your pocket guide: 1. Cut along outer black line
2. Fold on grey lines

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cobia (US farmed) Cod: Pacific (Alaska longline)+ Crab: Dungeness, Stone Crayfish (US farmed) Croaker: Atlantic* Halibut: Pacific+ Lobster: Spiny (US) Mackerel: King*, Spanish* (US) Mahi Mahi (US Atlantic troll/pole) Mullet: Striped Salmon (Alaska wild)+ Scallops: Bay (farmed) Striped Bass (farmed or wild*) Tilapia (US farmed) Trout: Rainbow (farmed) Tuna: Albacore (US+ and BC, troll/pole) Tuna: Skipjack (troll/pole) Wreckfish	Caviar, Sturgeon (US farmed) Clams, Oysters (wild) Cod: Pacific (US trawled) Crab: Blue*, King (US), Snow Herring: Atlantic Lobster: American/Maine Mahi Mahi/Dolphinfish (US) Pollock (Alaska wild)+ Red Porgy Scallops: Sea (wild) Shrimp (US, Canada) Snapper: Gray, Lane, Mutton*, Yellowtail (US) Squid Swai, Basa (farmed) Swordfish (US)* Tilapia (Central America farmed) Tilefish (Mid-Atlantic) Tuna: Bigeye, Yellowfin (troll/pole) Tuna: Canned Skipjack and Albacore* Wahoo*	Caviar, Sturgeon* (imported wild) Chilean Seabass/Toothfish* Cod: Atlantic, imported Pacific Conch: Queen Groupers* Halibut, Flounders, Soles (Atlantic) Lobster: Spiny (Caribbean) Mahi Mahi/Dolphinfish (imported) Marlin: Blue*, Striped* Orange Roughy* Pompano: Florida Salmon (farmed, including Atlantic)* Sharks* and Skates Shrimp (imported) Snapper: Red, Vermilion Swordfish (imported)* Tilapia (Asia farmed) Tilefish (Southeast)* Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin*, Tongol, Canned (except Albacore and Skipjack) Yellowtail (imported farmed)	Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways. 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. Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment. Key BC = British Columbia Mid-Atlantic = North Carolina to New York Southeast = Texas to South Carolina * Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafoodhealth + Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org Seafood may appear in more than one column
	Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit www.seafoodwatch.org. Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.  MONTEREY BAY AQUARIUM The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2010. All rights reserved. Printed on recycled paper.	You Can Make A Difference Support ocean-friendly seafood in three easy steps: 1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council blue eco-label in stores and restaurants. 2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught. 3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better! 	Why Do Your Seafood Choices Matter? Worldwide, the demand for seafood is increasing. Yet fish we enjoy eating are over-fished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem. By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans. Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND