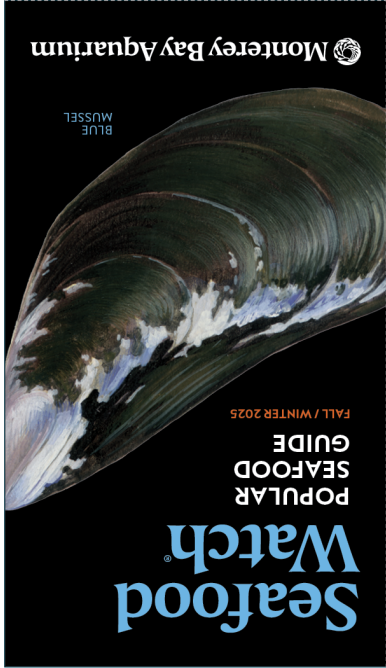


To use your guide:

1. Cut along outer black line
2. Fold on grey lines



Popular seafood



Clams, oysters, mussels

CHOOSE all farmed and wild clams, mussels, oysters, and scallops.



Tuna

CHOOSE tuna caught in the Atlantic or Pacific with troll, pole-&-lines, or FAD-free purse seines*.

AVOID Atlantic bluefin, southern bluefin, ranched bluefin tuna, and all other tuna.

*May also be labeled as non-FAD, free school, or school-caught.



Swai (Basa, Pangasius)

CHOOSE swai that is ASC or BAP certified.

AVOID uncertified swai.

Swap with U.S. farmed catfish, Alaska pollock, or pollock that is MSC certified.



Shrimp

CHOOSE shrimp from the U.S., Ecuador, or Thailand, or shrimp that is ASC or BAP certified.

AVOID uncertified shrimp from Argentina, China, India, Indonesia, Mexico, or Vietnam.



Tilapia

CHOOSE tilapia from Colombia or Taiwan, or tilapia that is ASC or BAP certified.

AVOID tilapia from China.

Swap with U.S. farmed striped bass or Alaska flounder and sole.



Salmon

CHOOSE wild salmon from the U.S. or Canada, or salmon that is ASC or MSC certified.

AVOID uncertified farmed salmon.

Swap with Arctic char or U.S. farmed rainbow trout.



Cod

CHOOSE Pacific cod from Alaska or cod that is MSC certified.

AVOID uncertified Atlantic cod.

Swap with halibut or haddock that is MSC certified.



Crab

CHOOSE all crab from Alaska, or blue crab from Alabama, Delaware, Maryland, or New Jersey.

AVOID blue swimming crab (most canned crab), blue crab from other U.S. states, Jonah crab, or snow crab from Canada.

Illustrations: Blue mussel, European flat oyster, softshell clam, Pacific cod, and swai © Seaposters. The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2025. All rights reserved. Printed on 100% recycled paper, using a process that is 100% carbon neutral.

SeafoodWatch.org



The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.



Monterey Bay Aquarium Seafood Watch

About our recommendations

Our green, yellow, and red ratings indicate environmental risk. We use our ratings and third-party certifications to make our recommendations.

CHOOSE

- Green-rated seafood because environmental risks are low.
- Yellow-rated seafood because environmental risks are moderate.
- MSC, ASC, or BAP certified seafood.

AVOID

- Red-rated seafood because environmental risks are high, often due to overfishing, poor management, or harm to marine life and habitats.

Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

This card includes general guidance only—some exceptions may apply. Visit SeafoodWatch.org for our full range of seafood guides. Or scan the QR code below to visit our popular guide.

