



- 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>Arctic Char (farmed)            Barramundi (US farmed)            Catfish (US farmed)            Clams (farmed)            Cod: Pacific (Alaska longline)<sup>+</sup>            Crab: Dungeness, Stone            Halibut: Pacific<sup>+</sup>            Lobster: Spiny (US)            Mussels (farmed)            Oysters (farmed)            Perch: Yellow (Lake Erie)            Pollock (Alaska wild)<sup>+</sup>            Salmon (Alaska wild)<sup>+</sup>            Scallops: Bay (farmed)            Striped Bass (farmed or wild*)            Sturgeon, Caviar (farmed)            Tilapia (US farmed)            Trout: Rainbow (farmed)            Tuna: Albacore (US<sup>+</sup>, British Columbia troll/pole)            Tuna: Skipjack (troll/pole)            Whitefish: Lake (trap net)*</p>	<p>Clams (wild)            Cod: Pacific (trawled)            Crab: Blue*, King (US), Snow            Flounders, Soles (Pacific)            Herring: Atlantic/Sardines, Lake            Lobster: American/Maine            Mahi mahi/Dolphinfish (US)            Oysters (wild)*            Perch: Yellow (Lake Huron and Ontario)            Scallops: Sea            Shrimp (US farmed or wild)            Smelt: Rainbow            Squid            Swai, Basa (farmed)            Swordfish (US)*            Trout: Lake (Lake Superior)*            Tuna: Bigeye, Yellowfin (troll/pole)            Tuna: canned light, canned white/Albacore*            Walleye*            Whitefish: Lake Erie, (gillnet)*, Round            Yellowtail (US farmed)</p>	<p>Chilean Seabass/Toothfish*            Cod: Atlantic            Crab: King (imported)            Flounders, Soles (Atlantic)            Groupers*            Halibut: Atlantic            Lobster: Spiny (Caribbean imported)            Mahi mahi/Dolphinfish (imported)            Marlin: Blue*, Striped*            Monkfish            Orange Roughy*            Rockfish (Pacific trawled)            Salmon (farmed, including Atlantic)*            Sharks*            Shrimp (imported farmed or wild)            Snapper: Red            Sturgeon*, Caviar (imported wild)            Swordfish (imported)*            Trout: Lake (Lake Huron and Michigan)*            Tuna: Albacore, Bigeye, Yellowfin (longline)*            Tuna: Bluefin*            Yellowtail (Australia or Japan, farmed)</p>	<p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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><b>Avoid</b> for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b></p> <p>*Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafood">www.edf.org/seafood</a></p> <p>+Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit <a href="http://www.msc.org">www.msc.org</a></p> <p>Seafood may appear in more than one column</p>
<p>MONTEREY BAY AQUARIUM</p>  <p>Sustainable Seafood Guide Central US 2009</p> <p><b>Seafood WATCH</b></p>	<p>MONTEREY BAY AQUARIUM</p>  <p>©2009. All rights reserved. Printed on recycled paper. The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation</p> <p><b>Make Choices for Healthy Oceans</b></p> <p>You Have the Power</p> <p>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.</p>	<p>ENVIRONMENTAL DEFENSE FUND</p> <p>Contaminant information provided by:</p> <p>Visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a> for more detailed information about your favorite seafood, including items not listed here</p> <p>The most up-to-date version of this guide, our other regional guides and our new sushi guide</p> <p>Log on to <a href="http://seafoodwatch.org">seafoodwatch.org</a> using your mobile device to see the latest version of all of our pocket guides!</p> <p><b>Learn more</b></p>	<p>How to use this guide</p> <p>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.</p> <ul style="list-style-type: none"> <li>• Where is the seafood from?</li> <li>• Is it farmed or wild-caught?</li> <li>• How was it caught?</li> </ul> <p>If you're not sure, choose something else from the green or yellow columns.</p> <p>This Seafood Guide was last updated in October 2008.</p>