

- 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 (Pacific Baja<sup>+</sup>, US)            Mussels (farmed)            Oysters (farmed)            Pollock (Alaska wild)<sup>+</sup>            Salmon (Alaska wild)<sup>+</sup>            Scallops: Bay (farmed)            Striped Bass (farmed)            Sturgeon, Caviar (farmed)            Tilapia (US farmed)            Trout: Rainbow (US farmed)            Tuna: Albacore (US<sup>+</sup>, British Columbia troll/pole)            Tuna: Skipjack (troll/pole)</p>	<p>Clams (wild)            Crab: Blue*, King (US), Snow            Crab: Imitation/Surimi            Flounders, Soles (Pacific)            Herring: Atlantic/Sardines            Lobster: American/Maine            Mahi mahi/Dolphinfish (US)            Octopus (Gulf of California)            Oysters (wild)*            Scallops: Sea            Shrimp (US farmed or wild)            Squid            Swai, Basa (farmed)            Swordfish (US)*            Tuna: Bigeye, Yellowfin (troll/pole)            Tuna: canned light, canned white/Albacore*            Yellowtail (US farmed)</p>	<p>Chilean Seabass/Toothfish*            Cod: Atlantic            Corvina (Gulf of California)            Crab: King (imported)            Flounders, Soles (Atlantic)            Groupers*            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)*            Totoaba (Gulf of California)            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>            Unless specified as from the Gulf of California, these are general species recommendations.            *Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafood">www.edf.org/seafood</a>            + 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> <h1>Seafood WATCH</h1> <p>RED OCTOPUS</p> <p>Sustainable Seafood Guide Southwest 2009</p>	<p><b>Make Choices for Healthy Oceans</b></p> <p>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.</p>  <p>MONTEREY BAY AQUARIUM</p> <p><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2009. All rights reserved. Printed on recycled paper.</small></p>	<p><b>Learn more</b></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            • The most up-to-date version of this guide, our other regional guides and our new sushi guide            • 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>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>	<p><b>How to use this guide</b></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>