



- 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>Abalone (farmed) Arctic Char (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cod: Pacific (Alaska longline)⁺ Crab: Dungeness Halibut: Pacific⁺ Lobster: Spiny (US) Pollock (Alaska wild)⁺ Rockfish: Black (CA, OR) Sablefish/Black Cod (Alaska⁺, BC) Salmon (Alaska wild)⁺ Sardines: Pacific (US) Scallops: Bay (farmed) Shrimp: Pink (OR)⁺ Striped Bass (farmed) Sturgeon, Caviar (farmed) Tilapia (US farmed) Trout: Rainbow (farmed) Tuna: Albacore (US⁺, BC troll/pole) Tuna: Skipjack (troll/pole) White Seabass</p>	<p>Clams, Oysters* (wild) Cod: Pacific (trawled) Crab: King (US), Snow, Imitation Dogfish (BC)* Flounders, Soles (Pacific) Lingcod* Lobster: American/Maine Mahi mahi/Dolphinfish (US) Rockfish (Alaska, BC hook & line) Sablefish/Black Cod (CA, OR, WA) Salmon (WA wild)* Sanddabs: Pacific Scallops: Sea Shrimp (US farmed or wild) Spot Prawn (US) Squid Swai, Basa (farmed) Sturgeon (OR, WA wild)* Swordfish (US)* Tuna: Bigeye, Yellowfin (troll/pole) Tuna: canned light, canned white/Albacore* Yellowtail (US farmed)</p>	<p>Chilean Seabass/Toothfish* Cod: Atlantic Crab: King (imported) Dogfish (US)* Grenadier/Pacific Roughy Lobster: Spiny (Caribbean imported) Mahi mahi/Dolphinfish (imported) Marlin: Blue*, Striped* Monkfish Orange Roughy* Rockfish (trawled) Salmon (farmed, including Atlantic)* Sharks* Shrimp (imported farmed or wild) Sturgeon*, Caviar (imported wild) Swordfish (imported)* Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin* Yellowtail (Australia or Japan, farmed)</p>	<p>Support Ocean-Friendly Seafood</p> <p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>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.</p> <p>Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p>Key</p> <p>BC = British Columbia CA = California OR = Oregon WA = Washington</p> <p>*Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafood</p> <p>+Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p>Seafood may appear in more than one column</p>
<p>MONTEREY BAY AQUARIUM</p> <h1>Seafood WATCH</h1> <p>CHINOOK SALMON</p>  <p>Sustainable Seafood Guide West Coast 2009</p>	<p>Make Choices for Healthy Oceans</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>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2009. All rights reserved. Printed on recycled paper.</p>	<p>Learn more</p> <p>Visit www.seafoodwatch.org 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 seafoodwatch.org 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>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"> • Where is the seafood from? • Is it farmed or wild-caught? • How was it caught? <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>