

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

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| <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 style="text-align: center;">This Seafood Guide was last updated in April 2007.</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 style="text-align: center;">Contaminant information provided by: ENVIRONMENTAL DEFENSE</p> | <p>Learn more</p> <p>Visit www.seafoodwatch.org for:</p> <ul style="list-style-type: none"> • More detailed information about these recommendations • Recommendations for seafood not on this list • The latest version of this and other regional guides • Information on seafood and your health and much more... <p style="text-align: center;"> MONTEREY BAY AQUARIUM</p> <p style="text-align: center;"><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2007. All rights reserved. Printed on recycled paper.</small></p> | <p style="text-align: center;"> MONTEREY BAY AQUARIUM</p> <p style="text-align: center;">Seafood WATCH[®]</p> <p style="text-align: center;"> CHINOOK SALMON</p> <p style="text-align: center;">West Coast Seafood Guide 2007</p> |
| <p style="text-align: center;">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 BC = British Columbia CA = California OR = Oregon WA = Washington Mid-Atlantic = North Carolina to New York Northeast = Connecticut to Maine * Limit consumption due to concerns about mercury or other contaminants. * Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p style="text-align: right;">Seafood may appear in more than one column</p> | <p style="text-align: center;">AVOID</p> <p>Chilean Seabass/Toothfish * Cod: Atlantic Crab: King (imported) Dogfish (US) * Grenadier/Pacific Roughy Lobster: Spiny (Caribbean imported) Mahi mahi/Dolphinfish (imported) Monkfish Orange Roughy * Rockfish (trawled) Salmon (farmed, including Atlantic) * Scallops: Sea (Mid-Atlantic) Sharks * Shrimp (imported farmed or wild) Sturgeon * Caviar (imported wild) Swordfish (imported) * Tuna: Albacore, Bigeye, Yellowfin (longline) * Tuna: Bluefin * Tuna: Swordfish (US longline) * Swordfish (OR, WA wild) Squid Spot Prawn (US) Shrimp (US farmed or wild) Scallops: Sea (Canada and Northeast) Sanddabs: Pacific Salmon (CA, OR, WA wild) Sablefish/Black Cod (CA, OR, WA) Rockfish (Alaska, BC hook & line) Mahi mahi/Dolphinfish (US) Lobster: American/Maine Lingcod * Founders, Soles (Pacific) Dogfish (BC) * Crab: King (Alaska), Snow, Imitation Cod: Pacific (trawled) Clams, Oysters * (wild) Basa/Tra (farmed) white/Albacore *</p> | <p style="text-align: center;">GOOD ALTERNATIVES</p> <p>Basal/Tra (farmed) Clams, Oysters * (wild) Cod: Pacific (trawled) Crab: King (Alaska), Snow, Imitation Dogfish (BC) * Founders, Soles (Pacific) Lingcod * Lobster: American/Maine Mahi mahi/Dolphinfish (US) Rockfish (Alaska, BC hook & line) Sablefish/Black Cod (CA, OR, WA) Salmon (CA, OR, WA wild) Sanddabs: Pacific Scallops: Sea (Canada and Northeast) Shrimp (US farmed or wild) Spot Prawn (US) Squid Sturgeon (OR, WA wild) Swordfish (US longline) * Tuna: Bigeye, Yellowfin (troll/pole) Tuna: canned light, canned white/Albacore *</p> | <p style="text-align: center;">BEST CHOICES</p> <p>Abalone (farmed) Barramundi (US farmed) Cattfish (US farmed) Clams, Mussels, Oysters (farmed) Cod: Pacific (Alaska longline) * Crab: Dungeness Halibut: Pacific * Lobster: Spiny (US) Pollack (Alaska wild) * Rockfish: Black (CA, OR) Sablefish/Black Cod (Alaska *, BC) Salmon (Alaska wild) * Sardines Scallops: Bay (farmed) Shrimp: Pink (OR) Spot Prawn (BC) Striped Bass (farmed) Sturgeon, Caviar (farmed) Tiapia (US farmed) Trot: Rainbow (farmed) Tuna: Albacore (BC, US troll/pole) Tuna: Skipjack (troll/pole) White Seabass</p> |