

Support Ocean-Friendly Seafood

Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.

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.

Avoid these items for now as they are caught or farmed in ways that harm other marine life or the environment.

Key

Northeast = Connecticut to Maine
Mid-Atlantic = North Carolina to New York

- * Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm
- + Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org

Seafood may appear in more than one column

Border Grillz



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. Visit www.seafoodwatch.org for more information.

How to Use this Guide

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.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

If you're not sure, choose something else from the green or yellow columns.

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In *good*
taste™

SHARK REEF
AQUARIUM
at mandalay bay

SUSTAINABLE SEAFOOD
GUIDE | 2008

BEST CHOICES

Arctic Char (farmed)
Barramundi (US farmed)
Catfish (US farmed)
Clams (farmed)
Cod: Pacific (Alaska longline)+
Crab: Dungeness, Stone
Halibut: Pacific+
Lobster: Spiny (US)
Mussels (farmed)
Oysters (farmed)
Pollock (Alaska wild)+
Salmon (Alaska wild)+
Scallops: Bay (farmed)
Striped Bass (farmed or wild*)
Sturgeon, Caviar (farmed)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (US+, British Columbia, troll/pole)
Tuna: Skipjack (troll/pole)

GOOD ALTERNATIVES

Basa/Swai (farmed)
Clams (wild)
Cod: Pacific (trawled)
Crab: Blue*, King (US), Snow
Crab: Imitation/Surimi
Flounders, Soles (Pacific)
Herring: Atlantic/Sardines
Lobster: American/Maine
Mahi mahi/Dolphinfish (US)
Oysters (wild)*
Scallops: Sea (Mid-Atlantic)
Scallops: Sea (Northeast and Canada)
Shrimp (US farmed or wild)
Squid
Swordfish (US longline)*
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: canned light, canned white/Albacore*

AVOID

Chilean Seabass/Toothfish*
Cod: Atlantic
Crab: King (imported)
Flounders, Soles (Atlantic)
Groupers*
Halibut: Atlantic
Lobster: Spiny (Caribbean imported)
Mahi mahi/Dolphinfish (imported)
Monkfish
Orange Roughy*
Rockfish (Pacific)
Salmon (farmed, including Atlantic)*
Sharks*
Shrimp (imported farmed or wild)
Snapper: Red*
Sturgeon*, Caviar (imported wild)
Swordfish (imported)*
Tuna: Albacore, Bigeye, Yellowfin (longline)*
Tuna: Bluefin*