



- 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>Amaebi/Spot Prawn (BC) Awabi/Abalone (US farmed) Gindara/Sablefish/Black Cod (AK⁺, BC) Ikura/Salmon roe (AK wild)⁺ Iwana/Arctic Char (farmed) Iwashi/Pacific Sardines (US) Izumidai/Tilapia (US farmed) Kaki/Oysters (farmed) Katsuo/Bonito/Skipjack Tuna (troll/pole) Masago/Smelt Roe (Iceland) Mirugai/Giant Clam/Geoduck (wild) Muurugai/Mussels (farmed) Sake/Salmon (AK wild)⁺ Sawara/Spanish Mackerel (US)* Shiro Maguro/Albacore Tuna (troll/pole, BC or US⁺) Suzuki/Striped Bass (farmed or wild*) Uni/Sea Urchin Roe (Canada)</p>	<p>Amaebi/Spot Prawn (US) Ebi/Shrimp (US, Canada) Gindara/Sablefish/Black Cod (CA, OR or WA) Hirame/Karei/Flounders, Soles (Pacific) Hotate/Sea Scallops (wild) Izumidai/Tilapia (Central America farmed) Kani/Crab: Blue*, King (US), Snow Kanikama/Surimi/Pollock (AK)⁺ Maguro/Tuna: Bigeye, Yellowfin (troll/pole) Masago/Smelt Roe (Canada) Sake/Salmon (WA wild)* Shiro Maguro/Albacore Tuna (Hawaii)* Squid Tai/Red Porgy (US) Toro/Tuna: Bigeye, Yellowfin (troll/pole) Uni/Sea Urchin Roe (CA)</p>	<p>Ankimo/Monkfish Liver Ankoh/Monkfish Ebi/Shrimp (imported) Hamachi/Hiramasa/Yellowtail (imported, farmed) Hirame/Karei/Flounders, Soles, Halibut (Atlantic) Hon Maguro/Bluefin Tuna* Izumidai/Tilapia (Asia farmed) Kani/Crab: King (imported) Maguro/Tuna: Bigeye*, Yellowfin* Sake/Salmon (farmed, including Atlantic)* Shiro Maguro/Albacore Tuna* (imported) Tai/Red Snapper Tako/Octopus Toro/Tuna: Bigeye*, Bluefin*, Yellowfin* Unagi/Freshwater Eel Uni/Sea Urchin Roe (Maine)</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 AK = Alaska 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/seafoodhealth</p> <p>+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p>◆ Indicates longline-caught</p> <p>Seafood may appear in more than one column</p>
 <p>MONTEREY BAY AQUARIUM</p> <p>Seafood WATCH</p> <p>SUSTAINABLE SEAFOOD GUIDE</p> <p>Sushi</p> <p>January 2010</p>	<p>Learn More</p> <p>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit www.seafoodwatch.org.</p> <p>Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2010. All rights reserved. Printed on recycled paper.</p>	<p>You Can Make A Difference</p> <ol style="list-style-type: none"> 1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council blue eco-label in stores and restaurants. 2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught. 3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better! 	<p>Why Do Your Seafood Choices Matter?</p> <p>Worldwide, the demand for seafood is increasing. Yet fish we enjoy eating are over-fished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>