

- To use your Action Cards:
1. Cut along outer black line
 2. Fold on grey dotted lines

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices.

Atlantic Cod



Make Choices for Healthy Oceans

Become Aware

US Atlantic cod has been fished so heavily that some populations are now listed as threatened or endangered. Look for imported cod caught with gear other than trawls or MSC-labeled Atlantic cod instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Atlantic Flatfish



Make Choices for Healthy Oceans

Become Aware

Many populations of Atlantic flatfish – including flounders, soles and halibut – are depleted, and when they are caught with bottom trawls, seafloor habitats are damaged. Stick to summer flounder or US Pacific flatfish instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Bluefin Tuna



Make Choices for Healthy Oceans

Become Aware

High demand for bluefin tuna – which can sell for hundreds of thousands of dollars each in Japan – has caused the Atlantic population to decline by up to 85%. Avoid bluefin and look for tuna labeled troll- or pole-caught instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Canned Tuna



Make Choices for Healthy Oceans

Become Aware

Longlines used to catch tuna contribute to the decline of sea turtles, sharks and seabirds. Even 'dolphin-safe' tuna has impacts on wildlife. Look for troll- or pole-caught tuna, including albacore, skipjack and others. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Chilean Seabass



Make Choices for Healthy Oceans

Become Aware

Many Chilean seabass are caught illegally and some aren't ever reported in catch records. Look for MSC-labeled Chilean seabass or try sablefish (also known as black cod) instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Farmed Salmon



Make Choices for Healthy Oceans

Become Aware

Open-net pen salmon farming can do more harm than good. Wild fish are used for feed, while parasites, untreated waste and escaped farmed fish can impact wild populations. Try wild salmon or farmed Arctic char instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Farmed Shrimp



WHITE SHRIMP

Make Choices for Healthy Oceans

Become Aware

Shrimp farm development has destroyed millions of acres of coastal habitat worldwide. Try US farmed shrimp instead, a product raised under tighter US environmental standards. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Freshwater Eel/Unagi



AMERICAN EEL

Make Choices for Healthy Oceans

Become Aware

Most eel served in sushi bars is farm raised. The critical issue is that young eels are collected from the wild, depleting already threatened populations. Ask for sablefish (also known as black cod) instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Groupers



GAG GROUPER

Make Choices for Healthy Oceans

Become Aware

Many species of grouper are overfished—they are caught before they can reproduce to maintain healthy population sizes. Look for red or black grouper—US caught from the Gulf of Mexico—or US caught mahi mahi instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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King Crab



Become Aware

Decades of heavy fishing and poor management have depleted populations of king crab from many imported sources. Try US king crab or Dungeness crab instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Orange Roughy



Become Aware

Fishermen catch orange roughy when the fish gather to breed and feed, impacting entire generations at a time. Try US tilapia or Pacific halibut instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

Make Choices for Healthy Oceans

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Rockfish



YELLOWEYE ROCKFISH

Become Aware

After decades of heavy fishing, vulnerable rockfish populations are starting to recover. Some species are depleted, however, and bottom trawling remains a concern. Look for hook-and-line caught rockfish or Pacific halibut. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

Make Choices for Healthy Oceans

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Sharks



Make Choices for Healthy Oceans

Become Aware

Scientists estimate that tens of millions of sharks are caught and killed each year, either for their fins or accidentally in fishing gear. These long-lived, slow growing predators are vital to healthy oceans. Try US Pacific halibut instead. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Swordfish



Make Choices for Healthy Oceans

Become Aware

Longline fishing gear targeting swordfish also accidentally catches sea turtles and seabirds, driving some to extinction. Look for US swordfish, where better regulations and gear improvements are making a difference. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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Wild Shrimp



Make Choices for Healthy Oceans

Become Aware

Worldwide, shrimp trawl nets accidentally catch and kill more than two million tons of other marine life each year. Try shrimp from the US or Canada instead, products caught under tighter environmental standards. Visit seafoodwatch.org for more information and other ocean-friendly seafood options.

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