

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.

This Seafood Guide
was last updated in
October 2008.

Learn more

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!

Contaminant information provided by:
ENVIRONMENTAL DEFENSE FUND

Make Choices for Healthy Oceans

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.



MINNESOTA ZOO
Changing how you see the world

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MONTEREY BAY AQUARIUM

Seafood WATCH®



RAINBOW TROUT

**Sustainable
Seafood Guide
Central US 2009**

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)
Perch: Yellow (Lake Erie)
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)
Whitefish: Lake (trap net)*

GOOD ALTERNATIVES

Clams (wild)
Cod: Pacific (trawled)
Crab: Blue*, King (US), Snow
Flounders, Soles (Pacific)
Herring: Atlantic/Sardines, Lake
Lobster: American/Maine
Mahi mahi/Dolphinfish (US)
Oysters (wild)*
Perch: Yellow (Lake Huron and Ontario)
Scallops: Sea
Shrimp (US farmed or wild)
Smelt: Rainbow
Squid
Swai, Basa (farmed)
Swordfish (US)*
Trout: Lake (Lake Superior)*
Tuna: Bigeye, Yellowfin (troll/pole)
Tuna: canned light, canned white/Albacore*
Walleye*
Whitefish: Lake Erie, (gillnet)*, Round
Yellowtail (US farmed)

AVOID

Chilean Seabass/Toothfish*
Cod: Atlantic
Crab: King (imported)
Flounders, Soles (Atlantic)
Groupers*
Halibut: Atlantic
Lobster: Spiny (Caribbean imported)
Mahi mahi/Dolphinfish (imported)
Marlin: Blue*, Striped*
Monkfish
Orange Roughy*
Rockfish (Pacific trawled)
Salmon (farmed, including Atlantic)*
Sharks*
Shrimp (imported farmed or wild)
Snapper: Red
Sturgeon*, Caviar (imported wild)
Swordfish (imported)*
Trout: Lake (Lake Huron and Michigan)*
Tuna: Albacore, Bigeye, Yellowfin (longline)*
Tuna: Bluefin*
Yellowtail (Australia or Japan, farmed)

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

Key

* Limit consumption due to concerns about mercury or other contaminants.

Visit www.edf.org/seafood

+ 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