

## 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 2006.**

## 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.

Contaminant information provided by:  
**ENVIRONMENTAL DEFENSE**

## Learn more

Visit [www.seafoodwatch.org](http://www.seafoodwatch.org) for:

- 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...



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# Seafood WATCH®



STONE  
CRAB

**Southeast  
Seafood Guide  
2007**

Seafood may appear in more than one column  
Visit [www.mscc.org](http://www.mscc.org)

\* Certified as sustainable to the Marine Stewardship Council standard.  
Visit [www.oceansalive.org/ea/ctm](http://www.oceansalive.org/ea/ctm)  
mercury or other contaminants.  
\* Limit consumption due to concerns about Southeast = Texas to South Carolina  
Mid-Atlantic = North Carolina to New York  
Northeast = Connecticut to Maine  
BC = British Columbia

### Key

**Best Choices** are abundant, well managed and caught or farmed in environmentally friendly ways.  
Cod: Atlantic  
Conch: Queen  
Crab: King (imported)  
Flournders, Soles (Atlantic)  
Groupers\*  
Hailbut: Atlantic  
Lobster: Spiny (Caribbean imported)  
Mahi mahi/Dolphinfish (imported)  
Orange Roughy\*  
Pompano: Florida  
Salmon (farmed, including Atlantic)\*  
Scallops: Sea (Mid-Atlantic)\*  
Sharks\*  
Shrimp (imported farmed or wild)  
Snapper: Red\*, Vermillion (US)  
Snapper (imported)  
Sturgeon\*, Caviar (imported wild)  
Swordfish (imported)\*  
Tilefish (Southeast)\*  
Tuna: Albacore, Bigeye, Yellowfin (longline)\*  
Tuna: Bluefin\*

**Support Ocean-Friendly Seafood**

**AVOID**

Basa/Tra (farmed)  
Clams, Oysters\* (wild)  
Cod: Pacific (trawled)  
Crab: Blue\*, King (Alaska), Snow (US)  
Crab: Imitation/Surimi  
Lobster: American/Maine  
Mahi mahi/Dolphinfish (US)  
Scallops: Sea (Canada and Northeast)  
Shrimp (US farmed or wild)  
Snapper: Gray, Lane, Mutton\*, Yellowtail (US)  
Squid  
Swordfish (US longline)\*  
Tilefish (Mid-Atlantic)  
Tuna: Bigeye, Yellowfin (troll/pole)  
Tuna: canned light, canned white/Albacore\*  
Wahoo\*  
Mahi mahi (US Atlantic troll/pole)  
Mullet: Striped  
Pollack (Alaska wild)\*  
Salmon (Alaska wild)\*  
Scallops: Bay (farmed)  
Striped Bass (farmed or wild\*)  
Sturgeon, Caviar (farmed)  
Tilapia (US farmed)  
Trout: Rainbow (farmed)  
Tuna: Albacore (BC, US troll/pole)  
Tuna: Skipjack (troll/pole)  
Wreckfish

**GOOD ALTERNATIVES**

Barramundi (US farmed)  
Cattfish (US farmed)  
Clams, Mussels, Oysters (farmed)\*  
Cod: Pacific (Alaska longline)\*  
Crab: Dungeness, Snow (Canada), Stone  
Crayfish (US farmed)  
Croaker: Atlantic\*  
Hailbut: Pacific  
Herring: Atlantic/Sardines  
Lobster: Spiny\*, Spanish\*  
Mackerel: King\*, Spanish\*  
Mahi mahi (US Atlantic troll/pole)  
Mullet: Striped  
Pollack (Alaska wild)\*  
Salmon (Alaska wild)\*  
Scallops: Bay (farmed)  
Striped Bass (farmed or wild\*)  
Sturgeon, Caviar (farmed)  
Tilapia (US farmed)  
Trout: Rainbow (farmed)  
Tuna: Albacore (BC, US troll/pole)  
Tuna: Skipjack (troll/pole)  
Wreckfish

**BEST CHOICES**