

- 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>Arctic Char (farmed)            Barramundi (US farmed)            Catfish (US farmed)            Clams, Mussels, Oysters (farmed)            Cobia (US farmed)            Cod: Pacific (Alaska longline)+            Crab: Dungeness, Stone            Crayfish (US farmed)            Croaker: Atlantic*            Halibut: Pacific+            Lobster: Spiny (US)            Mackerel: King*, Spanish* (US)            Mahi Mahi (US Atlantic troll/pole)            Mullet: Striped            Salmon (Alaska wild)+            Scallops: Bay (farmed)            Striped Bass (farmed or wild*)            Tilapia (US farmed)            Trout: Rainbow (farmed)            Tuna: Albacore (US+ and BC, troll/pole)            Tuna: Skipjack (troll/pole)            Wreckfish</p>	<p>Caviar, Sturgeon (US farmed)            Clams, Oysters (wild)            Cod: Pacific (US trawled)            Crab: Blue*, King (US), Snow            Herring: Atlantic            Lobster: American/Maine            Mahi Mahi/Dolphinfish (US)            Pollock (Alaska wild)+            Red Porgy            Scallops: Sea (wild)            Shrimp (US, Canada)            Snapper: Gray, Lane, Mutton*, Yellowtail (US)            Squid            Swai, Basa (farmed)            Swordfish (US)*            Tilapia (Central America farmed)            Tilefish (Mid-Atlantic)            Tuna: Bigeye, Yellowfin (troll/pole)            Tuna: Canned Skipjack and Albacore*            Wahoo*</p>	<p>Caviar, Sturgeon* (imported wild)            Chilean Seabass/Toothfish*            Cod: Atlantic, imported Pacific            Conch: Queen            Groupers*            Halibut, Flounders, Soles (Atlantic)            Lobster: Spiny (Caribbean)            Mahi Mahi/Dolphinfish (imported)            Marlin: Blue*, Striped*            Orange Roughy*            Pompano: Florida            Salmon (farmed, including Atlantic)*            Sharks* and Skates            Shrimp (imported)            Snapper: Red, Vermilion            Swordfish (imported)*            Tilapia (Asia farmed)            Tilefish (Southeast)*            Tuna: Albacore, Bigeye, Yellowfin (longline)*            Tuna: Bluefin*, Tongol, Canned (except Albacore and Skipjack)            Yellowtail (imported farmed)</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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><b>Avoid</b> for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b></p> <p>BC = British Columbia            Mid-Atlantic = North Carolina to New York            Southeast = Texas to South Carolina</p> <p>* Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a></p> <p>+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit <a href="http://www.msc.org">www.msc.org</a></p> <p>Seafood may appear in more than one column</p>
 <p>MONTEREY BAY AQUARIUM  <b>Seafood WATCH</b>  <small>STONE CRAB</small>  <b>Southeast Sustainable Seafood Guide</b>      January 2010</p>	<p>Learn More</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>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a>.</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><b>You Can Make A Difference</b></p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>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.</li> <li>2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.</li> <li>3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!</li> </ol>	<p><b>Why Do Your Seafood Choices Matter?</b></p> <p>Worldwide, the demand for seafood is increasing. Yet fish we enjoy eating are over many populations of the large fish 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>