
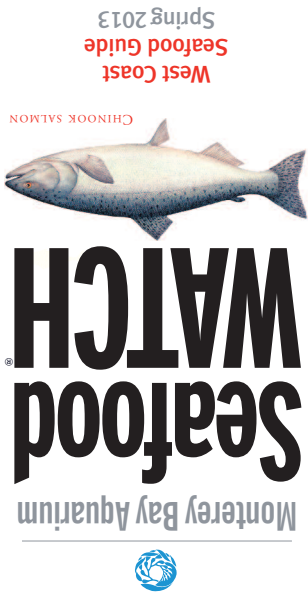



The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this pocket guide with you and share it with others to help spread the word.

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Abalone (US farmed) Arctic Char (farmed) Barramundi (US) Bass: Striped (US hook &amp; line, farmed) Catfish (US) Clams, Mussels, Oysters (farmed) Cod: Pacific (US) Crab: Dungeness Halibut: Pacific (US) Lobster: Spiny (CA, FL &amp; Mexico) Rockfish: Black (US hook &amp; line) Sablefish/Black Cod (AK &amp; Canada) Salmon (AK) Sardines: Pacific (Canada &amp; US) Scallops (farmed) Seabass: White (US hook &amp; line) Shrimp: Pink (OR) Tilapia (Ecuador &amp; US farmed) Trout: Rainbow (US farmed) Canned Tuna, Light: Skipjack (troll, pole), Yellowfin (US troll, pole) Canned Tuna, White: Albacore (Canada &amp; US troll, pole)</p>	<p>Cod: Pacific (US trawl) Crab (US) &amp; Snow Crab (Canada) Flatfish (Canada &amp; US) Halibut: California* Lingcod* Lobster Mahi Mahi (US) Monkfish (US) Pangasius/Basa/Swai Pollock: Alaska (US) Prawn: Spot (US wild) Sablefish (CA, OR &amp; WA wild) Salmon (CA, OR &amp; WA wild) Scallops (wild) Shrimp (Canada &amp; US wild) Squid Sturgeon, Caviar (US farmed) Swordfish (US)* Tilapia (China &amp; Taiwan) Tuna: Bigeye (troll, pole &amp; US Atlantic longline*) Tuna: Tongol, Yellowfin (troll, pole) Yellowtail: California</p>	<p>Chilean Seabass/Toothfish* Cobia (Asia, Belize) Cod: Pacific (Japan &amp; Russia) Crab: Red King (Russia) Lobster: Spiny (Brazil) Mahi Mahi (imported) Marlin: Blue* Marlin: Striped* Orange Roughy* Rockfish/"Pacific Snapper" (trawl) Salmon (farmed including Atlantic) Sharks* Shrimp (imported) Skates (US Atlantic) Snapper: Red (US) Sturgeon, Caviar (wild) Swordfish (imported)* Tuna: Albacore*, Bigeye*, Bluefin*, Canned*, Skipjack, Tongol, Yellowfin*</p>	<p><b>Best Choices</b> are well-managed and caught or farmed in ocean-friendly ways.</p> <p><b>Good Alternatives</b> are also an option, but be aware that there are concerns with how they're caught or farmed.</p> <p><b>Avoid</b> these items for now. They may be overfished, or caught or farmed in ways that harm other wildlife or their habitats.</p> <p>* Limit consumption due to concerns about mercury content. Visit <a href="http://edf.org/seafoodhealth">edf.org/seafoodhealth</a></p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>  <p>Seafood may appear in more than one column</p>
 <p>Monterey Bay Aquarium Seafood Watch West Coast Seafood Guide Spring 2013 CHINOOK SALMON</p>	<p><b>Learn More</b></p> <p>In addition to the recommendations on this guide, we have hundreds more available from our scientists. To see the complete and most up-to-date list visit us: • Online at <a href="http://seafoodwatch.org">seafoodwatch.org</a> • On our free app • On our mobile site • Or join us on Facebook or Twitter</p>  <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2013. All rights reserved. Printed on recycled paper.</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 many populations of the large 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>

To use your pocket guide: 1. Cut along outer black line 2. Fold on grey lines