

Buyer's Guide, January 2012

(Expires July 2012)

This chart was created for chefs, suppliers & other seafood professionals who need a reference tool with our Seafood Watch recommendations in one place. In comparison, our pocket guides have shorter lists of seafood for specific regions of the U.S., making them ideal for use by consumers.

To learn more about these & other seafood items, please visit SeafoodWatch.org.

BEST CHOICE	GOOD ALTERNATIVE	AVOID
Abalone (U.S. Farmed)	Barramundi (Australia Farmed in Fully Recirculating Systems)	Barramundi (Imported Farmed in Open Systems)
Arctic Char (Farmed in Recirculating Systems)	Basa (Imported Farmed)	Caviar, Paddlefish (Wild-caught from U.S.)
Barramundi (U.S. Farmed in Fully Recirculating Systems)	Black Drum (Trotline from U.S. Gulf of Mexico)	Caviar, Sturgeon (Imported Wild-caught)
Capelin (Iceland)	Black Sea Bass	Chilean Seabass
Catfish (U.S. Farmed)	Bluefish	Cobia (Imported Farmed)
Clams (Farmed)	Bluenose	Cod, Atlantic (Trawl-caught from Canadian & U.S. Atlantic)
Clams, Softshell/Steamers (Wild-caught)	Capelin (Canada)	Cod, Pacific (Imported)
Cobia (U.S. Farmed)	Caviar, Sturgeon (U.S. Farmed)	Conch, Queen
Cod, Atlantic (Hook-and-line from Iceland & Northeast Arctic)	Clams, Atlantic Surf, Hard, Ocean Quahog (Wild-caught)	Corvina, Gulf (Gulf of California)
Cod, Pacific (U.S. Bottom Longline, Jig & Trap)	Cod, Atlantic (Bottom Gillnet, Bottom Longline, Bottom Trawl & Danish Seine from Iceland & Northeast Arctic)	Crab, King (Imported)
Crab, Dungeness (California, Oregon & Washington)	Cod, Atlantic (Hook-and-line from U.S. Gulf of Maine)	Crawfish/Crayfish (Imported Farmed)
Crab, Kona (Australia)	Cod, Pacific (U.S. Trawl)	Dab, Common (Danish Seine from Iceland)
Crab, Stone	Crab, Blue, Imitation/Surimi, Dungeness (Alaska), Jonah, King (U.S.), Kona (Hawaii) & Snow (Alaska, Canada)	Dogfish, Spiny (Canadian Atlantic and U.S.)
Crawfish/Crayfish (U.S. Farmed)	Croaker, Atlantic (U.S. Trawl)	Eel, Freshwater
Croaker, Atlantic (U.S. Non-trawl)	Dogfish, Spiny (British Columbia)	Flounder (Wild-caught from U.S. Atlantic, Except Summer Flounder)
Giant Clam/Geoduck (Wild-caught)	Flounder (Wild-caught from U.S. Pacific)	Grenadier (U.S. Pacific)
Haddock (Hook-and-line from U.S. Atlantic)	Flounder, Summer (Wild-caught from U.S. Atlantic)	Groupers (U.S. Atlantic)
Halibut, Pacific (U.S.)	Greater Amberjack (Hook-and-line from U.S. South Atlantic)	Grouper, Gag, Snowy, Warsaw, Yellowedge (U.S. Gulf of Mexico)
Lobster, Caribbean Spiny (Florida)	Grouper (Hawaii)	Hake, White
Lobster, California Spiny (California)	Grouper, Black & Red (U.S. Gulf of Mexico)	Halibut, Atlantic (Wild-caught from U.S.)
Lobster, Spiny (Baja California, Mexico)	Haddock (Bottom Trawl from Canadian Atlantic)	Halibut, California (Set Gillnet)
Mackerel, Atlantic (Canada)	Haddock (Trawl from U.S. Atlantic)	Lobster, Caribbean Spiny (Brazil)
Mackerel, King (U.S. Atlantic & U.S. Gulf of Mexico)	Haddock (Iceland Atlantic)	Mahi Mahi (Imported Longline)
Mackerel, Spanish (U.S. Atlantic & U.S. Gulf of Mexico)	Hake, Offshore, Red & Silver	Marlin, Blue (Imported)
Mahi Mahi (Troll/Pole from U.S. Atlantic)	Halibut, California (Hook-and-line & Bottom Trawl)	Marlin, Striped
Mullet, Striped	Herring, Atlantic & Lake	Monkfish
Mussels (Farmed)	Lingcod	New Zealand Tai Snapper (Danish Seine & Trawl)
Oysters (Farmed)	Lobster, American/Maine (Trap-caught from Canada & Northeast U.S.)	Octopus, Common/Sushi
Perch, Yellow (Lake Erie)	Lobster, Caribbean Spiny (Bahamas)	Octopus (Philippines)
Pollock, Atlantic (Gillnet & Purse Seine from Norway)	Mackerel, Atlantic (U.S.)	Opah (Imported Longline)
Prawn, Freshwater (U.S. Farmed)	Mahi Mahi (Imported Troll/Pole & U.S.)	Orange Roughy
Prawn, Spot (Canadian Pacific)	Marlin, Blue (Hawaii)	Plaice, American (Wild-caught from U.S. Atlantic)
Rockfish, Black (Hook-and-line from California, Oregon & Washington)	New Zealand Tai Snapper (Bottom Longline)	Pollock, Atlantic (Danish Seine & Trawl from Iceland)
Sablefish/Black Cod/Butterfish (Alaska & Canadian Pacific)	Octopus (Gulf of California & Hawaii)	Rockfish (Pacific Trawl)
Salmon (Drift Gillnet, Purse Seine & Troll, from Alaska)	Opah (Hawaii Longline)	Salmon (Farmed Including Atlantic Except U.S. Farmed in Tank Systems)
Salmon, Freshwater Coho (U.S. Farmed in Tank Systems)	Oysters (Wild-caught)	Sardines, Atlantic (Mediterranean)
Salmon Roe (Drift Gillnet, Purse Seine & Troll, from Alaska)	Pangasius (Imported Farmed)	Sea Turtles
Sardines, Pacific (U.S.)	Perch, Yellow (Lake Huron & Lake Ontario)	Sea Urchin Roe (Maine)
Scad, Big-eye (Hawaii)	Plaice, Alaska (Wild-caught from Canada & U.S. Pacific)	Shad, American (U.S. Atlantic Gillnet)
Scad, Mackerel (Hawaii)	Plaice, European (Danish seine & Bottom Trawl from Iceland)	Sharks (Except Common Thresher & Shortfin Mako, from California & Hawaii)
Scallops (Farmed)	Pollock, Alaska (U.S.)	Shrimp (Imported Except Canadian Wild-caught & Thailand Farmed in Fully Recirculating Systems)
Scallops, Sea (Diver-caught in Laguna Ojo de Liebre & Guerrero Negro, Baja California Sur, Mexico)	Pollock, Atlantic (U.S. & Canada; Set Gillnet from Iceland; & Danish Seine & Trawl from Norway)	Skates
Sea Urchin Roe (Canada)	Pomfret (Hawaii Longline)	Snapper, Red (Except Hawaii)
Seatrout, Spotted (Wild-caught from Florida & Louisiana)	Pompano, Florida	Snapper, Vermilion (U.S.)
Shrimp (U.S. Farmed in Fully Recirculating Systems or Inland Ponds)	Prawn, Spot (U.S. Pacific)	Sole (Wild-caught from U.S. Atlantic)
Shrimp, Pink (Oregon)	Red Porgy (U.S.)	Spearfish, Shortbill (Imported)
Squid, Longfin (U.S. Atlantic)	Rockfish (Hook-and-line & Jig from the Pacific)	Sturgeon (Imported Wild-caught)
Striped Bass (U.S. Farmed or Wild-caught)	Sablefish/Black Cod/Butterfish (California, Oregon & Washington)	Swordfish (Imported)
Swordfish (Harpoon & Handline-caught from Canada, the U.S., North Atlantic & East Pacific)	Salmon (California, Oregon & Washington, Drift Gillnet, Purse Seine & Troll)	Tilapia (Farmed from China & Taiwan)
Tilapia (U.S. Farmed)	Salmon, Coho (Canadian Pacific Wild-caught)	Tilefish, Blueline (U.S. Gulf of Mexico & U.S. South Atlantic)
Trout, Rainbow/Steelhead (U.S. Farmed)	Sanddabs, Pacific (Wild-caught from U.S.)	Tilefish, Golden (U.S. Gulf of Mexico & U.S. South Atlantic)
Tuna, Albacore/"White" Canned (Troll/Pole from the Canadian & U.S. Pacific)	Scallops, Bay (Diver-caught in Magdalena Bay, Baja California Sur, Mexico)	Totoaba (Gulf of California)
Tuna, Bigeye (Troll/Pole from the U.S. Atlantic)	Scallops, Sea (Diver-caught in Sechura Bay, Peru)	Trout, Lake (Lake Michigan)
Tuna, Skipjack/"Light" Canned (Troll/Pole)	Scallops, Sea (Wild-caught from Canadian & U.S. Atlantic)	Tuna, Albacore (North Atlantic & All Longline Except Hawaii)
Tuna, Yellowfin (Troll/Pole from the Pacific & U.S. Atlantic)	Scup	Tuna, Bigeye (Longline Except U.S. Atlantic)
White Seabass (Hook-and-line from California)	Sea Urchin Roe (California)	Tuna, Blackfin (Longline & Purse Seine)
Whitefish, Lake (Lake Huron & Lake Superior)	Seatrout, Spotted (Wild-caught from Mississippi, North Carolina & Virginia)	Tuna, Bluefin
Whitefish, Lake (Trap-net from Lake Michigan)	Shark, Common Thresher & Shortfin Mako (California & Hawaii)	Tuna, Canned (All Except Troll/Pole)
Wreckfish	Shrimp (Thailand Farmed in Fully Recirculating Systems)	Tuna, Skipjack (Purse Seine & Imported Longline)
	Shrimp (U.S. Farmed in Open Systems)	Tuna, Tongol (Worldwide Gillnet & Purse Seine Except Malaysia)
	Shrimp (Wild-caught from Canada & U.S., Except Oregon Pink)	Tuna, Yellowfin (Longline Except Hawaii & U.S. Atlantic)
	Smelt, Rainbow	Tuna, Yellowfin (Purse Seine)
	Snapper, Gray, Lane, Mutton, Yellowtail (Wild-caught from U.S. Atlantic & U.S. Gulf of Mexico)	Weakfish (Wild-caught from U.S. Atlantic)
	Snapper, Gray, Pink, Red, Ruby (Wild-caught from Hawaii)	Yellowtail (Farmed in Australia & Japan)
	Snapper, Silk (Wild-caught from U.S. Caribbean, U.S. Gulf of Mexico & U.S. South Atlantic)	
	Sole (Wild-caught from U.S. Pacific)	
	Spearfish, Shortbill (Hawaii)	
	Squid, Argentine & Japanese Flying (Imported), Jumbo (Gulf of California), Market (California) & Shortfin (U.S. Atlantic)	
	Sturgeon (U.S. Farmed)	
	Sturgeon, White (Wild-caught from Oregon & Washington)	
	Swai (Imported Farmed)	
	Swordfish (Drift Gillnet from California)	
	Swordfish (Longline from Hawaii & U.S. Atlantic)	
	Tilapia (Farmed in Brazil, Costa Rica, Ecuador & Honduras)	
	Tilefish, Golden (U.S. Mid-Atlantic)	
	Trevally/Jack (Hawaii)	
	Trout, Lake (Lake Huron & Lake Superior)	
	Tuna, Albacore (Hawaii Longline & South Atlantic Troll/Pole)	
	Tuna Albacore/"White" Canned (Troll/Pole Except Canadian & U.S. Pacific)	
	Tuna, Bigeye (Troll/Pole & U.S. Atlantic Longline)	
	Tuna, Blackfin (Troll/Pole)	
	Tuna, Skipjack (Longline from Hawaii & U.S. Atlantic)	
	Tuna, Tongol (Troll/Pole or from Malaysia)	
	Tuna, Yellowfin (Troll/Pole Except Pacific & U.S. Atlantic)	
	Tuna, Yellowfin (Longline from Hawaii & U.S. Atlantic)	
	Turbot, Greenland	
	Wahoo	
	Walleye (Lake Erie)	
	White Seabass (California Gillnet)	
	Whitefish, Lake (Lake Erie & Set Gillnet from Lake Michigan)	
	Whitefish, Round (Wild-caught)	
	Yellowtail, California (Wild-caught from the U.S.)	