

## 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 **April 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 on these recommendations
  - Seafood recommendations for other species
  - The latest version of this and other regional guides
  - Information on seafood and your health and much more...

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MONTEREY BAY AQUARIUM

# Seafood WATCH®



STONE CRAB

## Southeast Seafood Guide 2006

(Seafood may appear in more than one column)

or the environment. in ways that harm other marine life They come from sources that are Avoid these fish, at least for now.

### Avoid

habitats due to other human impacts. or farmed - or with the health of their are concerns with how they're caught Best Choices column. However, there

### Good Alternatives

These are good alternatives to the in environmentally friendly ways. choices! These fish are abundant, well managed and caught or farmed

### Best Choices

Use This Guide to Make Choices for Healthy Oceans

Chilean Seabass/Toothfish \*  
Cod: Atlantic  
Conch: Queen  
Crab: King (imported)  
Crayfish (imported farmed)  
Flounders, Soles (Atlantic)  
Groupers \*  
Hailbut: Atlantic  
Lobster: Spiny (Caribbean imported)  
Orange Roughy \*  
Pompano: Florida  
Salmon (farmed, including Atlantic) \*  
Scallops: Sea (Mid-Atlantic)  
Sharks \*  
Shrimp (imported farmed or wild-caught)  
Snapper: Red \*, Vermillion (US)  
Sturgeon \*  
Caviar (imported wild-caught)  
Swordfish (imported) \*  
Tilefish (Southeast) \*  
Tuna: Bluefin \*

### AVOID

Basal/Tra (farmed)  
Clams, Oysters \* (wild-caught)  
Crab: Blue \*, King (Alaska), Snow (US)  
Crab: imitation/Surimi  
Lobster: American/Maine  
Mahi mahi/Dolphinfish/Dorado  
Scallops: Bay  
Scallops: Sea (Canada and Northeast)  
Shrimp (US farmed or wild-caught)  
Snapper: Gray, Lane, Mutton \*, Yellowtail (US)  
Squid  
Swordfish (US) \*  
Tilefish (Mid-Atlantic)  
Tuna: Albacore, Bigeye, Yellowfin (longline-caught) \*  
Tuna: canned light  
Tuna: canned white/Albacore \*  
Wahoo \*

### GOOD ALTERNATIVES

Catfish (US farmed)  
Clams, Mussels, Oysters (farmed)  
Crab: Dungeness, Snow (Canada), Stone  
Crayfish (US farmed)  
Croaker: Atlantic \*  
Hailbut: Pacific  
Herring: Atlantic/Sardines  
Lobster: Spiny (US)  
Mackerel: King \*, Spanish \*  
Mullet: Striped  
Pollack (wild-caught from Alaska) \*  
Salmon (wild-caught from Alaska) \*  
Striped Bass (farmed or wild-caught) \*  
Sturgeon, Caviar (farmed)  
Tilapia (US farmed)  
Trout: Rainbow (farmed)  
Tuna: Albacore, Bigeye, Yellowfin (troll/pole-caught)  
Wreckfish

### BEST CHOICES

Northeast = Connecticut to Maine  
Mid-Atlantic = North Carolina to New York  
Southeast = Texas to South Carolina

\* Limit consumption due to concerns about mercury or other contaminants. Visit [www.oceanscience.org/seafcm](http://www.oceanscience.org/seafcm) Council standard. Visit [www.msc.org](http://www.msc.org)