SOUTHEAST SEAFOOD GUIDE

georgiaaquarium.org

BEST CHOICES

Arctic Char (farmed)
Barramundi (US & Vietnam farmed)
Bass (US hooks and lines, farmed)
Catfish (US)
Clams, cockles and mussels
Cod: Pacific (AK)
Crab: King, Snow & Tanner (AK)
Crab: Stone (US)
Crawfish (US farmed)
Lionfish (US)
Mahi Mahi (US handline)
Mullet: Striped (US)
Oysters (farmed & Canada)
Pompano (US)
Rockfish (AK, CA, OR & WA)
Salmon (New Zealand)
Shrimp (US farmed)
Snapper: Mutton (US diver and handline)
Sturgeon (US farmed)
Tilapia (Canada, Ecuador, Peru & US)
Tuna: Albacore (trolls, pole and lines)
Tuna: Skipjack (Pacific trolls, pole and lines)
Wahoo (US Atlantic)
Wreckfish

GOOD ALTERNATIVES

Branzino (Mediterranean farmed)
Conch (Belize, Nicaragua & US)
Crawfish (LA wild)
Grouper: Red (US)
Lobster: Spiny (Bahamas & US)
Mahi Mahi (Ecuador & US longline)
Monkfish (US)
Octopus (Canada, Portugal & Spain pots and traps, HI)
Oysters (US wild)
Salmon (Canada Pacific & US)
Snapper (US)
Shrimp (Canada & US wild, Ecuador & Honduras farmed)
Squid (Chile, Mexico, Peru & US)
Swordfish (US)
Trout: Rainbow/Steelhead (Chile farmed)
Tilapia (China, Columbia, Hounduras, Indonesia, Mexico & Taiwan)
Tuna: Albacore (US longlines)
Tuna: Skipjack (free school, imported trolls, pole and lines, and US longlines)
Tuna: Yellowfin (free school, trolls, pole and lines, and US longlines)

AVOID

Conch (imported)
Crab (Argentina, Asia & Russia)
Crawfish (China)
Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
Mahi Mahi (imported)
Octopus (other imported sources)
Orange Roughy
Pompano (imported)
Salmon (Canada Atlantic, Chile, Norway & Scotland)
Sardines: Atlantic (Mediterranean)
Sharks
Shrimp (other imported sources)
Squid (Argentina, China, India & Thailand)
Swordfish (imported longlines)
Tuna: Albacore (imported except trolls, pole and lines)
Tuna: Bluefin
Tuna: Skipjack (imported purse seines)
Tuna: Yellowfin (longlines except US)

SEAFOOD SAVVY

Seafood Savvy is an initiative created to educate the public about sustainability issues and encourage them to make environmentally responsible decisions.

Support ocean-friendly seafood in two easy steps.

1. ASK: "Do you sell sustainable seafood?" Let businesses know that this is important to you.

2. BUY: From our Best Choices list. If not available, choose from the Good Alternatives list.

WHAT CAN I DO?

- Use your Seafood Savvy card to make savvy choices.
- Look for the Marine Stewardship Council blue eco-label in stores and restaurants.

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

- Support ocean-friendly seafood. Ask where your seafood comes from and whether it was farmed or wild caught.
- Use your knowledge to educate others about seafood sustainability.
- Stay informed by visiting www.georgiaaquarium.org/seafoodsavvy

YOUR CHOICES MATTER

Americans consume an average of 4.8 billion pounds of seafood per year, or 15.8 pounds per person (NOAA). Many of the fish we enjoy are in trouble due to overfishing or destructive fishing and farming practices.
Purchase fish caught or farmed using environmentally responsible practices to support healthy, abundant oceans.

Brought to you in partnership with:

Monterey Bay Aquarium **Seafood Watch**®

GEORGIA AQUARIUM

Georgia Aquarium believes in leading by example regarding stewardship and conservation of the animal world. Therefore, as early as 2003, the Aquarium has participated in, funded and spearheaded numerous research and conservation efforts.
Explore our projects by visiting www.georgiaaquarium.org/conserve

BEST Select these fish first. They are well-managed, not overfished, and caught or farmed responsibly.

GOOD Okay to buy, but there are concerns with how they are caught or farmed.

AVOID Take a pass on these for now, they're overfished or caught or farmed in ways that harm other marine life or the environment.

Not sure how to ask your wait staff or grocer if a fish is sustainable? It's as easy as **1-2-3**!

1) Where did it come from?
2) Is it farmed or wild-caught?
3) If it's wild, how was it caught?

Seafood Watch® is a registered service mark of the Monterey Bay Aquarium Foundation.

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