

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.

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.

This Seafood Guide was last updated in November 2004.

This guide is updated regularly.

Visit www.seafoodwatch.org to download the latest version and Seafood Guides for other regions of the United States. You can also read seafood facts, learn about seafood and your health and much more...

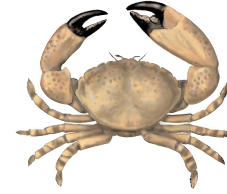


The contents of this guide are credited to the Monterey Bay Aquarium Foundation ©2004. All rights reserved. Printed on recycled paper.



MONTEREY BAY AQUARIUM

Seafood WATCH



Southeast
Seafood Guide
2005

Use This Guide to Make Choices for Healthy Oceans

Best Choices

These are your best seafood choices! These fish are abundant, well managed and caught or farmed in environmentally friendly ways.

Good Alternatives

These are good alternatives, but there are some concerns with the way they are caught or farmed. They are, however, better choices than items in the Avoid column. Visit www.seafoodwatch.org to learn more.

Avoid

Avoid these products, at least for now. These fish come from sources that are overfished and/or caught or farmed in ways that harm other marine life or the environment.

AVOID

Caviar (wild-caught)
Chilean Seabass/Toothfish
Cod: Atlantic
Cod: Queen
Conch: Queen
Crab: King (imported)
Crab: King (Atlantic)
Flourders (Atlantic) except Summer/Flake
Groupers
Halibut: Atlantic
Lobster: Spiny (Caribbean imported)
Orange Roughy
Salmon (farmed, including Atlantic)
Sharks
Shrimp (imported farmed or trawl-caught)
Snapper: Red and Vermillion (US)
Snapper (imported)
Sole (Atlantic)
Sturgeon (imported wild-caught)
Swordfish (imported)
Tilapia
Tuna: Bluefin
*Red asterisk indicates a FDA & EPA mercury advisory for women or child-bearing age and children.

GOOD ALTERNATIVES

Clams (wild-caught)
Crab: Blue
Crab: imitation/Surimi
Crab: King (Alaska)
Crab: Snow (US)
Crab: Snow (Canada)
Flounder: Summer/Fluke
Flounder: American/Maine
Mahi mahi/Dolphinfish/Dorado
Oysters (wild-caught)
Pollack
Scallops: Bay
Scallops: Sea
Shrimp (US farmed or trawl-caught)
Snapper: Gray (US)
Snapper: Lane (US)
Snapper: Mutton (US)
Snapper: Yellowtail (US)
Squid
Sturgeon (farmed)
Striped Bass (farmed)
Tilapia (farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (troll/pole-caught)
Tuna: Bigeye (longline-caught)
Tuna: Yellowfin (longline-caught)
Tuna: Canned Light
Tuna: Canned White/Albacore
Wahoo

BEST CHOICES

Carfish (farmed)
Caviar (farmed)
Clams (farmed)
Crab: Dungeness
Crab: King (Alaska)
Crab: Snow (Canada)
Crab: Stone
Crabfish (farmed)
Halibut: Pacific
Lobster: Spiny (US)
Mackerel: King
Mackerel: Spanish
Mullet: Striped
Mussels (farmed)
Oysters (farmed)
Salmon (wild-caught from Alaska)
Sardines
Striped Bass (farmed)
Sturgeon (farmed)
Tilapia (farmed)
Trout: Rainbow (farmed)
Tuna: Albacore (troll/pole-caught)
Tuna: Bigeye (troll/pole-caught)
Tuna: Yellowfin (troll/pole-caught)
Wreckfish