



MONTEREY BAY AQUARIUM

# Seafood WATCH®



YELLOWFIN TUNA

## National Seafood Guide 2007

### Play a Leading Role

Warner Bros. believes that everyone can play a leading role in environmental stewardship. By making a few simple choices, you can help conserve natural resources and ensure a healthy environment for future generations.

To learn more about Warner Bros. Environmental Initiatives, visit:  
[www.wbenvironmental.com](http://www.wbenvironmental.com)

Brought to you in  
partnership with:



©2007 Warner Bros. Ent. Inc.

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2007. All rights reserved. Printed on recycled paper.

### Use This Guide to Make Choices for Healthy Oceans

**Best Choices** are abundant, well managed and caught or farmed in environmentally friendly ways.

**Good Alternatives** are an option, but there are concerns with how they're caught or farmed—or with the health of their habitat due to other human impacts.

**Avoid** for now as these items are caught or farmed in ways that harm other marine life or the environment.

Visit [www.seafoodwatch.org](http://www.seafoodwatch.org) for more detailed information on these and other seafood recommendations.

Contaminant information provided by:  
**ENVIRONMENTAL DEFENSE**

112092-90-1N2

## BEST CHOICES

Arctic Char (farmed)  
Barramundi (US farmed)  
Catfish (US farmed)  
Clams (farmed)  
Cod: Pacific (Alaska longline)\*  
Crab: Dungeness, Snow (Canada), Stone  
Halibut: Pacific  
Herring: Atlantic/Sardines  
Lobster: Spiny (US)  
Mussels (farmed)  
Oysters (farmed)  
Pollock (Alaska wild)\*  
Salmon (Alaska wild)\*  
Scallops: Bay (farmed)  
Striped Bass (farmed or wild\*)  
Sturgeon, Caviar (farmed)  
Tilapia (US farmed)  
Trout: Rainbow (farmed)  
Tuna: Albacore (British Columbia, US troll/pole)  
Tuna: Skipjack (troll/pole)

## GOOD ALTERNATIVES

Basa/Tra (farmed)  
Clams (wild)  
Cod: Pacific (trawled)  
Crab: Blue\*, King (Alaska), Snow (US)  
Crab: Imitation/Surimi  
Flounders, Soles (Pacific)  
Lobster: American/Maine  
Mahi mahi/Dolphinfish (US)  
Oysters (wild)\*  
Scallops: Sea (Northeast and Canada)  
Shrimp (US farmed or wild)  
Squid  
Swordfish (US longline)\*  
Tuna: Bigeye, Yellowfin (troll/pole)  
Tuna: canned light, canned white/Albacore\*

Northeast = Connecticut to Maine

Mid-Atlantic = North Carolina to New York

\* Limit consumption due to concerns about mercury or other contaminants.

Visit [www.oceansalive.org/eat.cfm](http://www.oceansalive.org/eat.cfm)

\* Certified as sustainable to the Marine Stewardship Council standard. Visit [www.msc.org](http://www.msc.org)  
Seafood may appear in more than one column

## AVOID

Chilean Seabass/Toothfish\*  
Cod: Atlantic  
Crab: King (imported)  
Flounders, Soles (Atlantic)  
Groupers\*  
Halibut: Atlantic  
Lobster: Spiny (Caribbean imported)  
Mahi mahi/Dolphinfish (imported)  
Monkfish  
Orange Roughy\*  
Rockfish (Pacific)\*  
Salmon (farmed, including Atlantic)\*  
Scallops: Sea (Mid-Atlantic)  
Sharks\*  
Shrimp (imported farmed or wild)  
Snapper: Red\*  
Sturgeon\*, Caviar (imported wild)  
Swordfish (imported)\*  
Tuna: Albacore, Bigeye, Yellowfin (longline)\*  
Tuna: Bluefin\*