## 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.

## Contaminant information provided by:

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

[www.msc.org](http://www.msc.org)

Contaminant information provided by:

[environmental defense](http://environmentaldefense.org)

## 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.

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

- 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.

## 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...

## West Coast Seafood Guide 2006

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