

WHEN IN DOUBT, BUY LOCAL

U.S. fishermen provide some of the safest and most environmentally friendly seafood in the world. Choosing US, locally caught, or Virginia-raised seafood not only ensures freshness, but supports our economy.

Oysters, clams, croaker, mackerel, striped bass, summer flounder, and in-season blue crab are some of Virginia's best seafood choices. Also try tasting something new, like blue catfish or other choices that support local fisheries and offer additional benefits to marine ecosystems. To check what is in season, visit www.virginiaseafood.org.

WHAT IS SENSIBLE SEAFOOD™?

Sensible Seafood™ comes from either wild-caught or Virginia-raised seafood sources that are able to produce into the future without harming today's fish populations or ecosystems.

WHY IS THIS IMPORTANT?

By choosing Sensible Seafood™ you are supporting responsible fisheries committed to keeping our oceans healthy and our seafood species plentiful.

LEARN MORE

Learn more about Sensible Seafood™
VirginiaAquarium.com
or SensibleSeafood.com



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YOUR SEAFOOD CHOICES MATTER

Purchase seafood from the **green** list and avoid those items listed as **red**. **Yellow** items are okay as long as you check labels for seafood sources and ask questions when shopping and dining out. Look for the Marine Stewardship Council (MSC) blue eco-label and other sustainable seafood certifications on products in stores and restaurants.

The Virginia Aquarium Sensible Seafood™ Program works in partnership with the Monterey Bay Aquarium's Seafood Watch Program.



VIRGINIA
AQUARIUM
& MARINE SCIENCE CENTER

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Marine Science Center



**SENSIBLE
SEAFOOD**

2018 Pocket Guide

BEST CHOICES

Arctic Char (farmed)
 Bass: Striped (Rockfish)
 (US hook & line, farmed)
 Bluefish (US handlines)
 Catfish (US)
 Clams
 Cod: Pacific (AK)
 Crab: Stone (US)
 Crawfish (US farmed)
 Mahi Mahi (US handlines)
 Mullet: Striped (US)
 Mussels
 Oysters
 Salmon (New Zealand)
 Sardines: Pacific (US & Canada)
 Scallops (farmed)
 Shrimp (US farmed & AK)
 Tilapia (Canada, Ecuador, Peru & US)
 Trout: Rainbow (US farmed)
 Tuna: Albacore (trolls, pole and lines)
 Tuna: Skipjack (Pacific trolls, pole
 and lines)

GOOD ALTERNATIVES

Bass: Striped (Rockfish) (US Atlantic
 gillnets & pound nets)
 Crab: Blue & King (US)
 Crawfish (LA wild)
 Grouper: Black & Red (US)
 Lobster (Bahamas & US)
 Mahi Mahi (US longlines & Ecuador)
 Monkfish (US)
 Pompano (US)
 Porgy: Red (US)
 Salmon (Canada Pacific & US)
 Scallops: Sea (wild)
 Seatrout: Spotted (VA, NC, MS, wild)
 Shrimp (Canada & US wild, Ecuador
 & Honduras farmed)
 Squid (Chile, Mexico, Peru & US)
 Swordfish (US)
 Tilapia (China, Colombia, Honduras,
 Indonesia, Mexico & Taiwan)
 Tuna: Yellowfin (free school, trolls,
 pole and lines, US longlines)
 Wahoo (HI)

AVOID

Caviar (imported)
 Conch (imported)
 Crab (Argentina, Asia & Russia)
 Crawfish (China)
 Grouper (US Atlantic & imported)
 Lobster: Spiny (Belize, Brazil,
 Honduras & Nicaragua)
 Mahi Mahi (imported)
 Orange Roughy
 Pompano (imported)
 Salmon (Canada Atlantic, Chile,
 Norway & Scotland)
 Shrimp (other imported sources)
 Skate
 Snapper: Red (US South Atlantic)
 Squid (Argentina, China, India & Thailand)
 Swordfish (imported)
 Tilefish: Bluefin (US South Atlantic)
 Tuna: Bluefin
 Tuna: Skipjack (imported purse seines)
 Tuna: Yellowfin (longlines except US)

By choosing Sensible Seafood™ you are helping to protect our oceans and support sustainable fisheries. Use this card to determine:

BEST CHOICES are well-managed and caught or raised in environmentally friendly ways.

GOOD ALTERNATIVES are options to consider, but there are concerns with how they're caught or farm-raised.

AVOID these items for now. These fisheries may be overfished or operate in ways that harm the environment.

For a full list of Sensible Seafood options, check out Seafood Watch online at www.seafoodwatch.org/ or download their free app.