



MONTEREY BAY AQUARIUM

Seafood WATCH[®]



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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

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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 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

* Certified as sustainable to the Marine Stewardship Council standard. Visit 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*