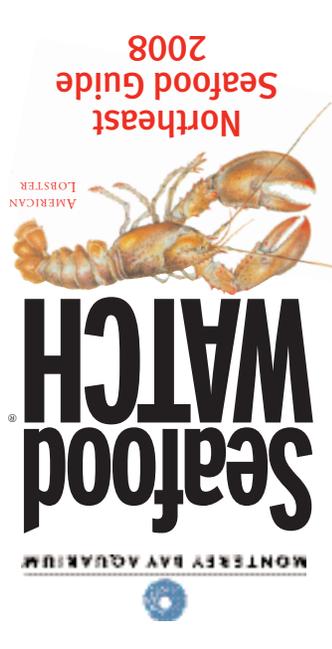


To use your pocket guide:  
 1. Cut along outer black line  
 2. Fold on grey lines

<p><b>BEST CHOICES</b></p> <p>Arctic Char (farmed)        Barramundi (US farmed)        Catfish (US farmed)        Clams, Mussels, Oysters (farmed)        Clams: Softshell/Steamers (wild)        Crab: Dungeness        Croaker: Atlantic*        Halibut: Pacific+        Herring: Atlantic/Sardines        Lobster: Spiny (US)        Pollock (Alaska wild)+        Salmon (Alaska wild)+        Scallops: Bay (farmed)        Squid: Longfin (US)        Striped Bass (farmed or wild*)        Sturgeon, Caviar (farmed)        Swordfish (Canada, US harpoon, handline)*        Tilapia (US farmed)        Trout: Rainbow (farmed)        Tuna: Albacore (US+, British Columbia troll/pole)        Tuna: Skipjack (troll/pole)</p>	<p><b>GOOD ALTERNATIVES</b></p> <p>Basa, Swai (farmed)        Black Sea Bass        Bluefish*        Clams: Atlantic Surf, Hard, Ocean Quahog (wild)        Crab: Blue*, Jonah, King (US), Snow        Crab: Imitation/Surimi        Haddock (hook &amp; line)        Hake: Silver, Red and Offshore        Lobster: American/Maine        Mahi mahi/Dolphinfish (US)        Oysters (wild)*        Scallops: Sea (Canada and Northeast)        Scup/Porgy        Shrimp: Northern        Shrimp (US farmed or wild)        Squid        Swordfish (US longline)*        Tilefish (Mid-Atlantic)        Tuna: Bigeye, Yellowfin (troll/pole)        Tuna: canned light, canned white/Albacore*</p>	<p><b>AVOID</b></p> <p>Chilean Seabass/Toothfish*        Cod: Atlantic        Crab: King (imported)        Dogfish (Atlantic)*        Flounders, Soles (Atlantic)        Haddock (trawled)        Hake: White        Halibut: Atlantic        Mahi mahi/Dolphinfish (imported)        Monkfish        Orange Roughy*        Salmon (farmed, including Atlantic)*        Scallops: Sea (Mid-Atlantic)        Sharks* and Skates        Shrimp (imported farmed or wild)        Snapper: Red        Sturgeon*, Caviar (imported wild)        Swordfish (imported)*        Tilefish (Southeast)*        Tuna: Albacore, Bigeye, Yellowfin (longline)*        Tuna: Bluefin*</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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.</p> <p><b>Avoid</b> for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b>        Northeast = Connecticut to Maine        Mid-Atlantic = North Carolina to New York        Southeast = Texas to South Carolina        *Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.oceansalive.org/eat.cfm">www.oceansalive.org/eat.cfm</a>        +Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit <a href="http://www.msc.org">www.msc.org</a></p> <p>Seafood may appear in more than one column</p>
 <p>MONTEREY BAY AQUARIUM  <b>Seafood WATCH</b>        AMERICAN LOBSTER        Northeast Seafood Guide        2008</p>	<p>Learn more</p> <ul style="list-style-type: none"> <li>• More detailed information about these recommendations for seafood</li> <li>• Recommendations for seafood not on this list</li> <li>• The latest version of this and other regional guides and other regional guides</li> <li>• Information on seafood and your health and much more...</li> </ul> <p>Visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a> for:</p> <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2007. All rights reserved. Printed on recycled paper.</p>	<p><b>Make Choices for Healthy Oceans</b></p> <p><b>You Have the Power</b>        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.</p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE</p>	<p><b>How to use this guide</b>        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.</p> <ul style="list-style-type: none"> <li>• Where is the seafood from?</li> <li>• Is it farmed or wild-caught?</li> <li>• How was it caught?</li> </ul> <p>If you're not sure, choose something else from the green or yellow columns.</p> <p>This Seafood Guide was last updated in October 2007.</p>