

10 Seafood Choices to Feel Good About

According to the nationally recognized Monterey Bay Aquarium's *SeafoodWatch.org*, these farmed fish and shellfish are current Best Choices. Under each fish or shellfish variety, check the Seafood Recommendations list for specific geographic areas, certified organic options, non-GMO feed, or other designations.

Arctic Char: The farmed variety, raised in closed-tank systems, produce little impact on local habitats in the Pacific Northwest.

Barramundi (Australian yellow perch): Look for it sourced from recirculating aquaculture systems in farms throughout the U.S.

Catfish: Pond-farmed American catfish, found mainly near the Mississippi River, are some of the most sustainable fish available.

Crawfish: Domestic production centers mainly in Louisiana, grown in ponds on existing agricultural lands. No feeds are added, but minimal fertilizer is used to support an aquatic food web that crawfish thrive on. As a native species, the potential impacts of escape are minimal.

Mussels: Most farmed mussels for sale in the U.S. hail from New England and the Pacific Northwest, or are imported from nations with stringent environmental regulations. The nonprofit Marine Stewardship Council independently certifies some of these mussel fisheries as sustainable.



Oysters: Nearly 95 percent of the oysters Americans eat are farmed in New England, the Gulf of Mexico and the Pacific Northwest. Oyster farms in the U.S. and throughout the world are well managed and produce a sustainable product.

Salmon: Before ordering, Seafood Watch recommends finding out where salmon originated by asking the local grocer or restaurant manager if it's wild caught or farmed and its source.

Shrimp: Most caught or farmed in U.S. and Canada also qualify as a Seafood Watch Good Alternative. However, avoid shrimp caught in Louisiana with otter trawls and in the Gulf of Mexico (except Florida) with skimmer trawls. All shrimp from recirculating aquaculture systems constitute a Best Choice.

Tilapia: Tank-farmed tilapia in the U.S. and Canada has become a popular standard.

Trout: Farmed rainbow trout from the U.S. gets a nod because it's raised in environmentally friendly ways in spring-fed ponds.