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Monterey Bay Aquarium Seafood Watch "Best Choice" Color Code		Aquarium Seafood Watch "Good Alternative" Color	Monday 8/11/2014	
CODE #	SPECIES - SUB SPECIES	ORIGIN	PREP METHOD/SIZE	CATCH METHOD
7955	Anchovies	Local	whole	net
7982	Anchovies - white marinat	Spanish	2.2 lb. tub	
7629	Baramundi	Australian	skin-on fillet	
7943	Bass - Black	Rhode Island	skin-on fillet	hook & line/trap
7942	Bass - Black	Rhode Island	2-4# ea. whole	hook & line/trap
7937	Bass - Sea	Chilean	previously frozen	
7601	Bass - Striped	Massachusetts	skin-on fillet	hook & line
7600	Bass - Striped	Massachusetts	15-25# ea.	hook & line
7775	Bass - Striped		1.5-2# ea. whole	Farmed
7724	Bass - White	California	whole	hook & line
7725	Bass - White	California	skin-on fillet	hook & line
7637	Bass - White	California	portions	hook & line
7925	Bluefish	Massachusetts	whole	
7926	Bluefish	Massachusetts	skin-on fillet	
7754	Bluenose	New Zealand	skin-on fillet	hook & line
7746	Branzino	Mediterranean	whole 1-1.3# ea.	Farmed
7747	Branzino	Mediterranean	whole 1.4-1.7# ea.	Farmed
7777	Catfish	Mississippi/Texas	fillet	Farmed
7732	Char - Arctic	Cascade Mountain	whole	Farmed
7733	Char - Arctic	Cascade Mountain	skin-on fillet	Farmed
7870	Clams	Aqua Gem, Florida		Farmed
7871	Clams	rystones, Mass./Rhode Isl.		Wild
	Clams	Geoduck/Mexico	1-2# ea. whole	
7873	Clams	enecks, Mass./Rhode Isl.		Wild
7874	Clams	Manilas, Wash. or BC		Farmed
7880	Clams	Manilas, Pt Reyes		Farmed
7875	Clams	Savoury, BC		Farmed
7704	Clams	Razors, Mass		Wild
7869	Clams	Venus, Baja		farmed
7622	Cobia	Panama	skin-on fillet	Farmed
7620	Cobia	Panama	5-10# ea. whole	Farmed
7764	Cod - Atlantic	Massachusetts	skin-on fillet	Hook & Line
7763	Cod - Atlantic	Massachusetts	H & G	Hook & Line
7720	Cod - Black	California	skin-on fillet	Hook & Line
7719	Cod - Black	California	H & G	Hook & Line
7922	Cod - Ling	Canada	fillet	Hook & Line
7616	Cod - Rock	Local	whole	Hook & Line
7618	Cod - Rock	Local		Hook & Line
7639	Cod - Rock	production	fillet	
7923	Cod - Rockfish Red Band	Alaskan	skin-on fillet	Long Line
7713	Cod - True	Alaskan	fillet	Hook & Line/Trap
7641	Cod - True	production	fillet	
7912	Corvina	Ecuadorian	skin-on fillet	Long Line
7627	Corvina	special		
7717	Crab - Dungeness	Local	live	
7697	Crab - Dungeness	Local	cooked	Trap
7655	Crab - King Fresh	Alaskan	1.5-2# sections	Trap
7740	Crab - Stone Claws	Florida	medium	Trap
	Crab - Blue	Maryland	live	Trap
7696	Crabmeat - Blue Claw	Indonesia	1 lb. can	Trap
7694	Crabmeat - Blue Jumbo L	Indonesia	1 lb. can	Trap
7695	Crabmeat - Blue Special	Indonesia	1 lb. can	Trap
7693	Crabmeat - Blue Regular l	Indonesia	1 lb. can	Trap
7718	Crabmeat - Dungeness Fr	Washington		Trap
7700	Crabs - Soft Shell	Chesapeake Bay	Primes	Trap
7701	Crabs - Soft Shell	Chesapeake Bay	Jumbos	Trap
7702	Crabs - Soft Shell	Chesapeake Bay	Hotels	Trap
7939	Crayfish - Live	Delta		Trap
7744	Dorade	Mediterranean	whole 1-1.3# ea.	Farmed
7745	Dorade	Mediterranean	whole 1.4-1.7# ea.	Farmed
	Eels - Conger	Maine	whole 8-12# ea.	
	Ehu	Hawaiian	H & G	Hook & Line
	Ehu	Hawaiian	skin-on fillet	Hook & Line
7762	Fluke	California	fillet	
7762	Fluke	Massachusetts	skin-on fillet	
7761	Fluke	Massachusetts	4-6# ea. whole	
7738	Frog Legs	Florida		
7928	Groper	New Zealand	skin-on fillet	Hook & Line

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CODE #	SPECIES - SUB SPECIES	ORIGIN	PREP METHOD/SIZE	CATCH METHOD
7736	Grouper - Red	Florida	head-on gutted	Long Line
7737	Grouper - Red	Florida	skin-on fillet	Long Line
7646	Hake	Massachusetts	skin-on fillet	Hook & Line/trawl
7644	Hake	Massachusetts	H&G	Hook & Line/trawl
7916	Halibut	Alaskan	skin-on fillet	Long Line
7917	Halibut	Alaskan	skin-off fillet	Long Line
7636	Halibut	Alaskan	portions	Long Line
7915	Halibut	Alaskan	H & G 20/60	Long Line
7722	Halibut	California	whole	Hook & Line/trawl
7723	Halibut	California	skin-on fillet	Hook & Line/trawl
7650	Halibut - Atlantic	Norway	farmed/whole	
7652	Halibut - Atlantic	Norway	farmed/skin-on fillet	
7919	Halibut - Cheeks	Alaskan		
7759	Hamachi	Japanese	skin-on fillet	Farmed
7758	Hamachi	Japanese	H & G	Farmed
	Herring - Fresh	Local	whole	Seine Net
	Hiramasa	Mexico	whole 4-6# ea.	Farmed
	Hiramasa	Mexico	skin-on fillet	Farmed
7756	John Dory	New Zealand	whole	Trawl
7756	John Dory	New Zealand	skin-on fillet	Trawl
7640	Kampachi	Hawaiian	3-5# ea. whole	Farmed
7642	Kampachi	Hawaiian	skin-on fillet	Farmed
7933	Lehi	Hawaiian	H & G	Hook & Line
7934	Lehi	Hawaiian	skin-on fillet	Hook & Line
7798	Lobsters - Live	Maine	culls	Trap
7797	Lobsters - Live	Maine	2lb.	Trap
7794	Lobsters - Live	Maine	1lb.	Trap
7796	Lobsters - Live	Maine	1.5 lb.	Trap
7795	Lobsters - Live	Maine	1.25 lb	Trap
7929	Lobster Seaweed	Maine		
7980	Mackerel	Spanish	whole 3-4# ea.	Hook & Line
7742	Mahi Mahi	Ecuador	skin-on fillet	
7633	Mahi Mahi	<i>special</i>		
	Monchong	Hawaiian	whole	Long Line
	Monchong	Hawaiian	skin-on fillet	Long Line
7766	Monkfish	Maine	fillet	Trawl
7765	Monkfish	Maine	tails	Trawl
7767	Monkfish Cheeks	Maine		
7860	Mussels	Fox Island, Nova Scotia		Farmed
7861	Mussels	Greenlip, New Zealand		Farmed
7866	Mussels	Mediterranean, Wash.		Farmed
7865	Mussels	Mediterranean, Penn Cove		Farmed
7862	Mussels	El, Prince Edward Island		Farmed
7864	Mussels	Whale's Cove Med., Baja		Farmed
7932	Onaga	Hawaiian	skin-on fillet	Long Line
7931	Onaga	Hawaiian	whole	Long Line
7632	Ono	Hawaiian	skin-on fillet	Long Line/Hook & Line
7708	Opah	California	skin-on fillet	
	Opakapaka	Hawaiian	H & G	Long Line/Hook & Line
	Opakapaka	Hawaiian	skin-on fillet	
7848	Oyster - C. Gigas	BBQ, Wash.		
7810	Oyster - C. Gigas	Barron Pt., Wash.		
7811	Oyster - C. Gigas	Blue Pool, Wash.		
7812	Oyster - C. Gigas	Buckley Bay, BC		
7813	Oyster - C. Gigas	Chef's Creek, BC		
7834	Oyster - C. Gigas	Chelsea Gem, Wash.		
7851	Oyster - C. Gigas	Clevendon Coast		
	Oyster - C. Gigas	Coos Bay, Oregon		
7814	Oyster - C. Gigas	Coromandel, NZ		
7815	Oyster - C. Gigas	Cortes Island, BC		
7816	Oyster - C. Gigas	Discovery Bay, Wash.		
7853	Oyster - C. Gigas	Effingham, BC		
7847	Oyster - C. Gigas	Elkhorn, Wash.		
7818	Oyster - C. Gigas	Emerald Acres, Wash.		
7819	Oyster - C. Gigas	Fanny Bay, BC		
7843	Oyster - C. Gigas	Glacier Bay, New Brun.		
7820	Oyster - C. Gigas	Hamma Hamma, Wash.		
7808	Oyster - C. Gigas	Hammersly, BC		
	Oyster - C. Gigas	Henderson Inlet, WA		
7845	Oyster - C. Gigas	Hood Canal		
7855	Oyster - C. Gigas	Kudomo, Wash.		
7821	Oyster - C. Gigas	Kumiai, Baja California		

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7822	Oyster - C. Gigas	Kusshi, BC		
7823	Oyster - C. Gigas	Skookum Inlet, Wash.		
7854	Oyster - C. Gigas	Lopez Island, Wash.		
7824	Oyster - C. Gigas	Marin Gem, California		
7825	Oyster - C. Gigas	Marin Miyagi, California		
	Oyster - C. Gigas	Mattaki, BC		
7826	Oyster - C. Gigas	Nootka Sound, BC		
7846	Oyster - C. Gigas	Pacific Rim, BC		
7827	Oyster - C. Gigas	Evening Cove		
7828	Oyster - C. Gigas	Phantom Creek, BC		
7805	Oyster - C. Gigas	Pickering Pass, Wash.		
7835	Oyster - C. Gigas	Pt. Reyes Miyagi		
7829	Oyster - C. Gigas	Quilcene, Wash.		
7830	Oyster - C. Gigas	Reach Island, Wash.		
7831	Oyster - C. Gigas	Shigoku, Wash.		
7856	Oyster - C. Gigas	Sinku, BC		
7833	Oyster - C. Gigas	Steamboat, Wash.		
7809	Oyster - C. Gigas	Totten Inlet, Wash		
	Oyster - C. Gigas	Zen Cocktail, BC		
7839	Oyster - C. Sikamea	umamoto, Humboldt Bay		
7849	Oyster - C. Sikamea	Kumamoto, Pt Reyes		
7840	Oyster - C. Sikamea	Kumamoto, Wash.		
7801	Oyster - C. Virginica	Beausoleil, New Brun.		
7859	Oyster - C. Virginica	Chesapeake, New Jersey		
7868	Oyster - C. Virginica	East Pt, New Jersey		
7806	Oyster - C. Virginica	Cooke's Cocktail, PEI		
7852	Oyster - C. Virginica	Dune Shadow		
7802	Oyster - C. Virginica	ng Island Bluepoint, Conn		
7807	Oyster - C. Virginica	Malpeque, PEI		
7836	Oyster - C. Virginica	Pt. Reyes Atlantic		
7803	Oyster - C. Virginica	Saint Simon, New Brun.		
7804	Oyster - C. Virginica	Vellfleet, Massachusetts		
7850	Oyster - O. Conchaphila	Olympia, Wash.		
7877	Oysters - Shucked	Pacific	extra small 1/2 gal	
7760	Pollock	Massachusetts	fillet	Long Line/trawl
7749	Pulpo	Mediterranean	2-6# ea.	Net
	Redfish	Texas	3-6# ea. whole	Farmed
	Redfish	Texas	skin-on fillet	Farmed
7974	Rouget Barbet (Red Mullet)	Mediterranean	whole	Wild
8500	Salmon - Trim	Canada		Farmed
7614	Salmon - Chilean	Chile	skin-on fillet/unscaled	Farmed
7635	Salmon - Atlantic	Canada	portions	Farmed
7900	Salmon - Atlantic	Canada	whole	Farmed
7901	Salmon - Atlantic	Canada	skin-on fillet	Farmed
7902	Salmon - Atlantic	Canada	skin-off fillet	Farmed
7888	Salmon - Atlantic, C Trim	Canada	skin-off fillet	Farmed
7730	Salmon - Atlantic	Scottish	whole	Farmed
7731	Salmon - Atlantic	Scottish	skin-on fillet	Farmed
7727	Salmon - Coho	Alaskan	skin-on fillet	Troll
7726	Salmon - Coho	Alaskan	4-6# ea. whole	Troll
7892	Salmon - King	California	skin-off fillet	Troll
7891	Salmon - King	California	skin-on fillet	Troll
7890	Salmon - King	California	whole/10-18# ea.	Troll
7887	Salmon - King	California	viously frozen/ skin-on fi	Troll
7886	Salmon - King	California	ously frozen/7-12# ea. v	Troll
7891	Salmon - King	Columbia River	skin-on fillet	Gill Net
7890	Salmon - King	Columbia River	whole, net caught	Gill Net
7904	Salmon - King	Copper River	skin-on fillet	Gill Net
7903	Salmon - King	Copper River	8-18# ea. whole	Gill Net
7890	Salmon - King	Oregon	whole	Troll
7891	Salmon - King	Oregon	skin-on fillet	Troll
7892	Salmon - King	Oregon	skin-off fillet	Troll
7896	Salmon - Farmed King	Creative	skin-on fillet	Farmed
7897	Salmon - Farmed King	Creative	skin/off fillet	Farmed
7895	Salmon - Farmed King	Creative	FLTD	Farmed
7894	Salmon - Farmed King	Creative	12-16# ea.	Farmed
7890	Salmon - King Ivory	Alaskan	whole	Troll/Gill Net
7891	Salmon - King Ivory	Alaskan	skin-on fillet	Troll/Gill Net
7892	Salmon - King Ivory	Canadian	skin-on fillet	Troll
7889	Salmon - King Ivory	Canadian	7-15# ea. whole	Troll
7907	Salmon - Loch Duart	Scottish	farmed/whole 6-9# ea.	Farmed
7908	Salmon - Loch Duart	Scottish	farmed/skin-on fillet	Farmed

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7909	Salmon - Loch Duart	Scottish	farmed/skin-off fillet	Farmed
7603	Salmon - Skuna Bay	Canadian	whole	Farmed
7604	Salmon - Skuna Bay	Canadian	skin-on fillet	Farmed
7602	Salmon - Skuna Bay	Canadian	skin-off fillet	Farmed
7906	Salmon - Sockeye	Copper River	skin-on fillet	Gill Net
7905	Salmon - Sockeye	Copper River	H & G 3-5#	Gill Net
	Salmon - Keta/Chum	Canada	H & G 4-6#	Gill Net
	Salmon - Keta/Chum	Canada	skin-on fillet	Gill Net
7774	Sand Dabs	Local	pan ready	Trawl/Seine Net
7773	Sand Dabs	Local	skin-on fillet	
7716	Sardines	Local	skin-on fillet	Seine Net
7715	Sardines	Local	fresh/whole	Seine Net
7793	Scallops - Bay	Mexican	90/120 ct.	Trawl/Diver
7881	Scallops - Bay	Nantucket		Trawl
7792	Scallops - Day Boat	Massachusetts	U/10 ct	Trawl
7791	Scallops - Day Boat	Massachusetts	10/20 ct	Trawl
7789	Scallops - Day Boat	Massachusetts	U/8 ct	Trawl
	Scallops - Day Boat	Maine	10/20 ct.	Trawl
7878	Scallops - Live	Massachusetts	1-2 per lb.	Trawl
7706	Scallops - Sea	Sea Of Cortez	diver harvested/U-8 ct.	Diver
7973	Sepia	Mediterranean		Net
7958	Shad - Roe	Connecticut River	pair	Net
7689	Shrimp - Bay	Oregon		Net
7699	Shrimp - Laughing Bird	Costa Rica	peeled	Farmed
7707	Shrimp - Ports Fresh Peel	Louisiana	51-60 count	Trawl
7956	Shrimp - Rock	Florida		Trawl
7975	Shrimp - Shells			
7691	Shrimp - Sweet	Maine	peeled	Trawl
7690	Shrimp - Sweet	Maine	41/50 ct. shell-on	Net
7741	Shrimp - White	Ecuador	Head on 13/15	farmed
7785	Shrimp - White	Florida	U/12	Trawl
7788	Shrimp - White	Florida	21/25	Trawl
7787	Shrimp - White	Florida	16/20	Trawl
7786	Shrimp - White	Florida	13/15	Trawl
7634	Shrimp - Blue	North Carolina	8/12 ct./head-on/frozen	farmed
	Shrimp - Side Striped	Alaskan	31/40 ct./headless/frozen	Net
7770	Skate Cheeks	Maine		Net
7769	Skatewing	Maine	skin-off fillet	Net
7768	Skatewing	Maine	skin-off/bone in	Net
7927	Smelt	California		Net
7545	Snapper - Beeliner	Florida	skin-on fillet	Hook & Line
7545	Snapper - Beeliner	Florida	1-2# ea. whole	Hook & Line
7545	Snapper - Red	American/Florida	8-12# ea. whole	Hook & Line
	Snapper - Red	American/Florida	skin-on fillet	Hook & Line
7755	Snapper - Tai	New Zealand	whole	Long Line
7930	Sole - Dab	Massachusetts	fillet	Trawl
	Sole - Dover	Mediterranean	20-24 oz. whole	
	Sole - English	Local	fillet	Trawl
7771	Sole - Petrale	Local	fillet	Trawl
7605	Sole - Petrale	Local	whole	Trawl
7645	Sole - Petrale	production	fillet	
7935	Sole - Sand	Local	fillet	Trawl
7751	Spearfsh	Hawaiian	skin-on fillet	Long Line
7710	Squid	Monterey	fresh/whole	Net
7612	Steelhead	Columbia River	skin-on fillet	Gill net
7610	Steelhead	Columbia River	5-12# ea. whole	Gill Net
7734	Steelhead	Mt. Lassen	whole	Farmed
7735	Steelhead	Mt. Lassen	skin-on fillet	Farmed
	Steelhead Roe	Columbia River	uncured skeins	
7779	Sturgeon	Columbia River	skin-on fillet	Gill net
7778	Sturgeon	Columbia River	bullets	Gill net
7779	Sturgeon	Idaho	skin-on fillet	Farmed
7778	Sturgeon	Idaho	bullets	Farmed
7753	Swordfish	Australian	loin	g line/Gill Net/Harpoon
7753	Swordfish	California	loin	g line/Gill Net/Harpoon
7753	Swordfish	Hawaiian	loin	g line/Gill Net/Harpoon
7623	Swordfish	special		
7776	Tilapia	China	fillet	med/previously frozen
7638	Tilapia	Ecuador	fillet	Farmed
7782	Trout - Golden	Idaho	8 oz. boneless	Farmed
7781	Trout - Red	Idaho	8 oz. boneless	Farmed
7784	Trout - Red	Mt Lassen	whole	Farmed

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7783	Trout - Red	Mt Lassen	skin-on fillet	Farmed
7780	Trout - White	Idaho	8 oz. boneless	Farmed
7948	Tuna - Ahi #1	Pacific Islands	(Yellowfin Tuna)	Long Line
7953	Tuna - Ahi #2	Pacific Islands	(Yellowfin Tuna)	Long Line
7950	Tuna - Ahi #2+	Pacific Islands	ood line removed, skin-	Long Line
7951	Tuna - Ahi #2+	Pacific Islands	(Yellowfin Tuna)	Long Line
7670	Tuna - Ahi Tails	Pacific Islands	llowfin Tuna) ungraded	Long Line
7621	Tuna - Ahi	<i>special</i>		
7692	Tuna - Albacore	Local	whole	Hook & Line
7938	Tuna - Albacore	Local	loin	Hook & Line
7952	Tuna - Tombo		loin	Long Line
7739	Turbot	Chilean	6-8# ea. whole	Farmed
	Uku	Hawaiian	skin-on fillet	Long Line
	Uku	Hawaiian	H & G	Long Line
7989	Uni	Mendocino	300 gram	Diver
	Urchins	California	live	Diver
8040	Walleye (Pike)	Lake Superior	whole	Net
8042	Walleye (Pike)	Lake Superior	skin-on fillet	Net
7750	Walu	Hawaiian	skin-on fillet	Long Line
8044	Whitefish	Lake Superior	whole	Net
8046	Whitefish	Lake Superior	skin-on fillet	Net
7947	Yellowtail	California	skin-on fillet	ong Line/Hook & Line
7568	Smoked Salmon	Cambridge House	sliced	
8029	Smoked Salmon	St. James Premium	sliced	
7575	Smoked Salmon	St. James Blue Label	sliced	
7576	Smoked Salmon	Gerard & Dominique	sliced	
7577	Smoked Salmon	Gerard & Dominique	unsliced	
8022	Smoked Salmon	Gerard & Dominique		Wild Coho
8023	Smoked Salmon	Gerard & Dominique		Hot Smoked
7983	Gravlax	Gerard & Dominique		
7570	Smoked Trout	Gerard & Dominique	bone in	
8025	Smoked Trout		fillet	
8027	Smoked Sablefish	Gerard & Dominique	unsliced	
7572	Smoked Sturgeon	Michel Cordon Bleu	unsliced	
	Smoked Scallops	Gerard & Dominique	Alaskan Weathervane 20/40	frozen/1 lb. pack
7474	Clam Juice		46 oz. can	
	Canned Albacore		64 oz. can	
8000	Caviar - CA Osetra		30 gram	
8002	Caviar - CA Osetra		50 gram	
8003	Caviar - American Sturged	Hackleback	1 oz.	
7992	Caviar - American Sturged	Hackleback	2 oz.	
8004	Caviar - American Sturged	Hackleback	4 oz.	
7993	Caviar - Trout Roe		4 oz.	
7991	Caviar - Salmon Roe		2 oz.	
7994	Caviar - Salmon Roe	Skuna Bay Coho	200 gram	Ikura
8005	Caviar - Golden Whitefish		4 oz.	
8001	Caviar - Golden Whitefish		500 gram	
8006	Caviar - Orange Tobiko		4 oz.	
7997	Caviar - Orange Tobiko		500 gram	
8007	Caviar - Red Tobiko		4 oz.	
7998	Caviar - Red Tobiko		500 gram	
8008	Caviar - Black Tobiko		4 oz.	
7999	Caviar - Black Tobiko		500 gram	
8009	Caviar - Wasabi Tobiko		4 oz.	
7995	Caviar - Wasabi Tobiko		500 gram	
8011	Caviar - Yuzu Tobiko		4 oz.	
7996	Caviar - Yuzu Tobiko		500 gram	