

Florida Sustainable Seafood Pocket Guide

Make ocean-friendly seafood choices to protect Florida's marine ecosystems

Best Choices

These seafood options are abundant, well-managed, and caught or farmed in environmentally friendly ways.

Albacore Tuna (trolled/pole-caught)

Clams (farmed)

Mahi-Mahi (US Atlantic)

Mullet (US Gulf of Mexico)

Oysters (farmed)

Stone Crab (FL)

Striped Bass (farmed)

Lionfish (invasive species)

Spiny Lobster (FL trap)

Yellowfin Tuna (US Atlantic troll/pole)

Good Alternatives

These options are good, but there may be concerns with how they're caught, farmed, or managed.

Amberjack (US Gulf)

Blue Crab (Gulf of Mexico)

Grouper (US Atlantic)

Red Snapper (US Gulf)

Shrimp (US Gulf of Mexico)

Swordfish (US)

Tilefish (US Atlantic)

Wahoo (US Atlantic)

Yellowtail Snapper (US)

Avoid

These seafood items are overfished, caught or farmed in ways that harm marine life or the environment.

Atlantic Cod

Grouper (imported)

Imported Shrimp

Orange Roughy

Shark

Snapper (imported)

Swordfish (imported)

Bluefin Tuna

Sustainable Seafood Shopping Tips

- Ask your server or fishmonger where and how seafood was caught or farmed
- Look for seafood certified by Marine Stewardship Council (MSC) or Aquaculture Stewardship Council (ASC)
- Choose domestic over imported seafood when possible
- Try new species to reduce pressure on popular fish
- Download the Seafood Watch app for up-to-date recommendations

Florida Seafood Seasonality

Spring: Mahi-Mahi, Grouper, Yellowtail Snapper, Stone Crab (ends May 15)

Summer: Shrimp, Mahi-Mahi, Yellowfin Tuna, Wahoo

Fall: Stone Crab (begins Oct 15), Spiny Lobster, Mullet, Kingfish

Winter: Oysters, Flounder, Pompano, Stone Crab