

# Monterey Bay Aquarium® Seafood Watch®

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

## BEST CHOICES

Aku/Skipjack Tuna (Pacific troll, pole and line)  
 Akule/Big-eye Scad (HI net)  
 Arctic Char (farmed)  
 Barramundi (US & Vietnam farmed)  
 Bass (US hook and line, farmed)  
 Clams, Mussels & Oysters  
 Kāmano/Salmon (AK & New Zealand)  
 Limu/Ogo/Seaweed (farmed)  
 Lionfish (US)  
 Lobster: Spiny (Mexico)  
 'Ōpae/Prawn: Freshwater (Canada & US)  
 'Ōpae/Shrimp (US farmed & AK)  
 Opelu/Mackerel Scad (HI net)  
 Pāpa'i/Crab: King, Snow & Tanner (AK)  
 Rockfish (AK, CA, OR & WA)  
 Sardines: Pacific (Canada & US)  
 Scallops (farmed)  
 Shutome/Swordfish (Canada & US buoy, handline, harpoon)  
 Tilapia (Canada, Ecuador & US)  
 Tombo/Albacore Tuna (troll, pole and line)

## GOOD ALTERNATIVES

'Ahi/Yellowfin Tuna (free school, HI longline, and Pacific & Indian Ocean troll, pole and line)  
 Aku/Skipjack Tuna (free school, imported troll, pole and line, and US longline)  
 Ehu/Red Snapper (HI)  
 Hapu'upu'u/Hawaiian Grouper (HI)  
 Hebi/Shortbill Spearfish (imported)  
 He'e/Octopus (Portugal & Spain pot, trap & HI)  
 Kajiki/Blue Marlin (HI)  
 Mahi Mahi (Ecuador & US longline)  
 Onaga/Ruby Snapper (HI)  
 Ono/Wahoo (HI)  
 'Ōpae/Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
 Opah/Moonfish (HI)  
 Ōpākapaka/Pink Snapper (HI)  
 Papa'i/Crab: Dungeness (Canada & US)  
 Tilapia (China, Indonesia, Mexico & Taiwan)  
 Tombo/Albacore Tuna (US longline)  
 Uku/Gray Snapper (HI)  
 Yellowtail (US gillnet)

## AVOID

'Ahi/Yellowfin Tuna (Atlantic troll, pole and line)  
 Aku/Skipjack Tuna (imported purse seine)  
 He'e/Octopus: Common (Portugal & Spain trawl, Mexico)  
 Kajiki/Blue Marlin  
 Mahi Mahi (imported)  
 Manō/Sharks  
 Ono/Wahoo (imported)  
 'Ōpae/Shrimp (imported)  
 Opah/Moonfish (imported)  
 Orange Roughy  
 Pāpa'i/Crab (Asia & Russia)  
 Salmon: Atlantic (farmed)  
 Sardines: Atlantic (Mediterranean)  
 Shutome/Swordfish (imported longline)  
 Snapper (Brazil)  
 Tilapia (Colombia)  
 Tombo/Albacore Tuna (except troll, pole and line, and US longline)  
 Tuna: Bluefin

Many seafood items appear in more than one column. Please be sure to check them all.

### Best Choices

Buy first, they're well managed and caught or farmed responsibly.

### Good Alternatives

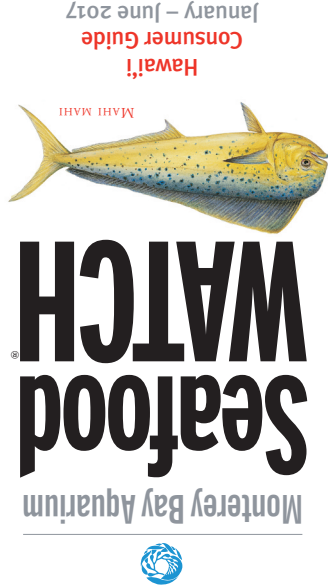
Buy, but be aware there are concerns with how they're caught or farmed.

### Avoid

Take a pass on these for now, they're overfished or caught or farmed in ways that harm other marine life or the environment.

This guide includes some of our recommendations for popular seafood. **For the full list, visit us online or download our app.**

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



Monterey Bay Aquarium  
**Seafood WATCH**  
 MAHI MAHI  
 Hawaii  
 Consumer Guide  
 January – June 2017

Monterey Bay Aquarium



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Stay Connected

Be part of the solution and make a difference for our ocean: **ASK** "Do you sell sustainable seafood?" Let businesses know this is important to you. **BUY** Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website. **CHOOSE** Seafood Watch partners from our app or website when dining and shopping.

Take Action

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. Purchase seafood caught or farmed in ways that support a healthy ocean—now and for future generations.

Your Choices Matter