**BEST CHOICES**

- Aku/Skipjack Tuna (Pacific trolls, pole and lines)
- Akule/Big-eye Scad (HI nets)
- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Clams (farmed)
- Cockles
- Limu/Ogo/Seaweed (farmed)
- Lionfish (US)
- Mussels (farmed)
- 'Opa/Shrimp (US farmed)
- Opelu/Mackerel Scad (HI nets)
- Oysters (farmed & Canada)
- Pāpā/Clam: King, Snow & Tanner (AK)
- Salmon (New Zealand)
- Scallops (farmed)
- Shutome/Swordfish (Canada & US buoys, handlines, harpoons)
- Squid (US)
- Tilapia (Canada, Ecuador, Peru & US)
- Toau/Blacktail Snapper
- Tombo/Albacore Tuna (trolls, pole and lines)
- Trout (US farmed)

**GOOD ALTERNATIVES**

- 'Ahi/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)
- Aku/Skipjack Tuna (free school, US longlines, imported trolls, pole and lines)
- Clams (US & Canada wild)
- Ehu/Red Snapper (HI)
- Hapu'upu'u/Hawaiian Grouper (HI)
- Hebi/Shortbill Spearfish (imported)
- He'e/Octopus (Canada, Portugal, Spain, pots and traps, HI)
- Kajiki/Blue Marlin (HI)
- Mahi Mahi (ECUADOR, Peru farmed)
- Onaga/Ruby Snapper (HI)
- Ono/Wahoo (HI)
- 'Opa/Shrimp (Canada & US wild, Ecuador & Honduras farmed)
- Opa/Whitefish (HI)
- Opakapaka/Pink Snapper (HI)
- Oysters (US wild)
- Salmon (north pacific)
- Scallops (farming)
- 'Opae/Shrimp (Canada & US farmed)
- Tombo/Albacore Tuna (US longlines)
- Uku/Gray Snapper (HI)
- Yellowtail (US gillnets)

**AVOID**

- 'Ahi/Yellowfin Tuna (imported longlines except US)
- Aku/Skipjack Tuna (imported purse seines)
- Bass: Striped (US gillnet, pound net)
- Cod: Atlantic (gillnet, longline, trawl)
- Ehu/Red Snapper (HI)
- He'e/Octopus (other imported sources)
- Kajiki/Blue Marlin
- Mahi Mahi (imported)
- Mand/Sharks
- Opa/Whitefish (imported)
- 'Opa/Shrimp (other imported sources)
- Opa/Whitefish (imported)
- Orange Roughy
- Pāpā/Clam: Argentinian, Asian, Russia
- Salmon (Canada Atlantic, Chile, Norway & Scotland)
- Sardines: Mediterranean
- Shutome/Swordfish (imported longlines)
- Tilapia (China)
- Tombo/Albacore Tuna (imported except trolls, pole and lines)
- Tuna: Atlantic Bluefin (imported longlines)
- Tuna: Pacific & Southern Bluefin

---

**How to Use This Guide**

Most of our recommendations, including all eco-certifications, aren't on this guide. Be sure to check out SeafoodWatch.org for the full list.

**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, farmed or managed.

**Avoid**
Take a pass on these for now; they're overfished, lack strong management or are caught or farmed in ways that harm other marine life or the environment.