

# 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 trolls, pole and lines)  
 Akule/Big-eye Scad (HI nets)  
 Arctic Char (farmed)  
 Barramundi (US & Vietnam farmed)  
 Bass (US hooks and lines, farmed)  
 Clams, Cockles, Mussels & Oysters  
 Limu/Ogo/Seaweed (farmed)  
 Lionfish (US)  
 Lobster: Spiny (Mexico)  
 'Opae/Prawn/Shrimp (Canada & US)  
 Opelu/Mackerel Scad (HI nets)  
 Papa'i/Crab: King, Snow & Tanner (AK)  
 Rockfish (AK, CA, OR & WA)  
 Salmon (New Zealand)  
 Scallops (farmed)  
 Shutome/Swordfish (Canada & US buoy, handlines, harpoons)  
 Tilapia (Canada, Ecuador, Peru & US)  
 Tombo/Albacore Tuna (trolls, pole and lines)  
 Trout: Rainbow/Steelhead (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)  
 Ehu/Red Snapper (HI)  
 Hapu'upu'u/Hawaiian Grouper (HI)  
 Hebi/Shortbill Spearfish (imported)  
 He'e/Octopus (Portugal & Spain pots & HI)  
 Kajiki/Blue Marlin (HI)  
 Mahi Mahi (Ecuador & US longlines)  
 Onaga/Ruby Snapper (HI)  
 Ono/Wahoo (HI)  
 'Opae/Shrimp (Canada & US wild, Ecuador & Honduras farmed)  
 Opah/Moonfish (HI)  
 Opakapaka/Pink Snapper (HI)  
 Pāpa'i/Crab: Dungeness (Canada & US)  
 Salmon (Canada Pacific & US)  
 Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan)  
 Tombo/Albacore Tuna (US longlines)  
 Trout: Rainbow/Steelhead (Chile farmed)  
 Uku/Gray Snapper (HI)  
 Yellowtail (US gillnets)

## AVOID

'Ahi/Yellowfin Tuna (longlines except US)  
 Aku/Skipjack Tuna (imported purse seines)  
 He'e/Octopus: Common (Portugal & Spain trawls, Mexico)  
 Kajiki/Blue Marlin  
 Mahi Mahi (imported)  
 Manō/Sharks  
 Ono/Wahoo (imported)  
 'Opae/Shrimp (other imported sources)  
 Opah/Moonfish (imported)  
 Orange Roughy  
 Pāpa'i/Crab (Argentina, Asia & Russia)  
 Salmon (Canada Atlantic, Chile, Norway & Scotland)  
 Sardines: Atlantic (Mediterranean)  
 Shutome/Swordfish (imported longlines)  
 Tombo/Albacore Tuna (imported except trolls, pole and lines)  
 Tuna: Bluefin

## How to Use This Guide

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, 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.

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

Monterey Bay Aquarium  
**Seafood WATCH**  
 Hawaii! Consumer Guide July - December 2018

**Seafood Watch**

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.

**Monterey Bay Aquarium**

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**Take Action**

**ASK** "Are you a Seafood Watch partner?" Let businesses know responsible seafood 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.

**DOWNLOAD** Our free app. [SeafoodWatch.org](http://SeafoodWatch.org)

**Your Choices Matter**

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping. **For the full list, visit us online or download our free app.**