

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
 Limu/Ogo/Seaweed (farmed)
 Lionfish (US)
 Lobster: Spiny (Mexico)
 'Ōpae/Shrimp (US farmed)
 Opelu/Mackerel Scad (HI nets)
 Oysters (farmed & Canada)
 Pāpā'i/Crab: King, Snow & Tanner (AK)
 Salmon (New Zealand)
 Scallops (farmed)
 Shutome/Swordfish (Canada & US buoy, 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)
 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 & US longlines)
 Onaga/Ruby Snapper (HI)
 Ono/Wahoo (HI)
 'Ōpae/Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Opah/Moonfish (HI)
 Opakapaka/Pink Snapper (HI)
 Oysters (US wild)
 Salmon (CA, OR & WA)
 Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
 Tombo/Albacore Tuna (US longlines)
 Uku/Gray Snapper (HI)
 Yellowtail (US gillnets)

AVOID

'Ahi/Yellowfin Tuna (longlines except US)
 Aku/Skipjack Tuna (imported purse seines)
 Cod: Atlantic (gillnet, longline, trawl)
 He'e/Octopus (other imported sources)
 Kajiki/Blue Marlin
 Mahi Mahi (imported)
 Manō/Sharks
 Ono/Wahoo (imported)
 'Ōpae/Shrimp (other imported sources)
 Opah/Moonfish (imported)
 Orange Roughy
 Pāpā'i/Crab (Argentina, Asia & Russia)
 Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Sardines: Atlantic (Mediterranean)
 Shutome/Swordfish (imported longlines)
 Tilapia (China)
 Tombo/Albacore Tuna (imported except trolls, pole and lines)
 Tuna: Bluefin

How to Use This Guide

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

Best Choices

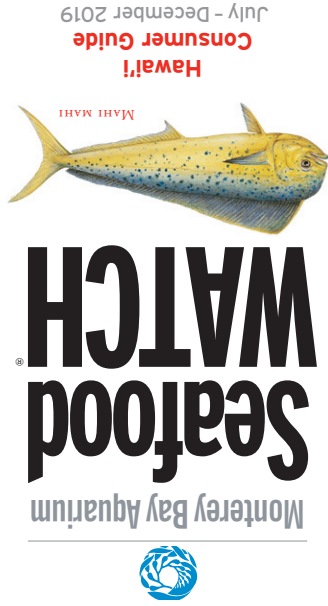
Buy first; they're well managed and caught or farmed responsibly.

Good Alternatives

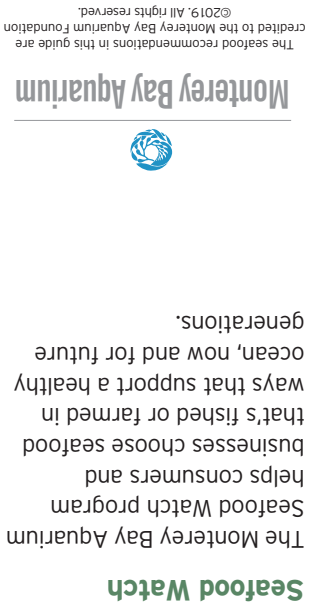
Buy, but be aware there are concerns with how they're caught, farmed or managed.

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.

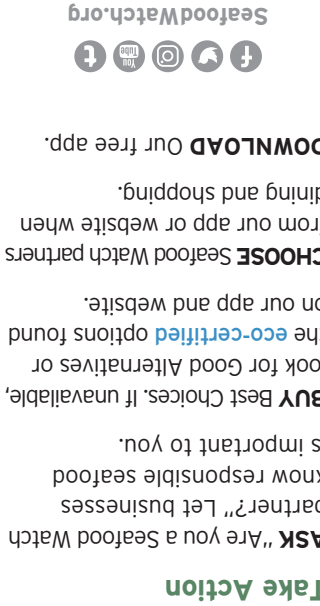


Monterey Bay Aquarium
Seafood WATCH
 Hawaii! Consumer Guide July - December 2019

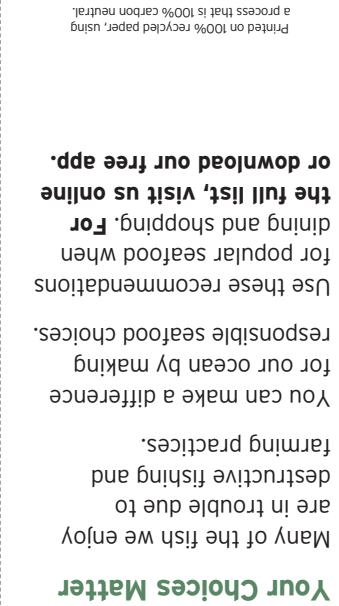


Seafood Watch
 The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.

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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** on our app and website.
CHOOSE Seafood Watch partners from our app or website when dining and shopping.
DOWNLOAD Our free app.
 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.**
 Printed on 100% recycled paper, using a process that is 100% carbon neutral.

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