

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
 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 out SeafoodWatch.org for the full list.

Best Choices

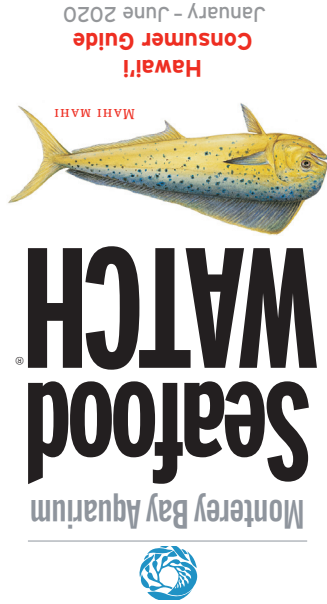
Buy first; they're well managed and caught or farmed responsibly.

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.



Monterey Bay Aquarium
Seafood WATCH
 MAHI MAHI
Hawai'i Consumer Guide
 January - June 2020

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 "Do you sell sustainable seafood?" Let businesses know it is important to you.

BUY Best Choices first.

CHOOSE Good Alternatives or the **eco-certified options** if you can't find a Best Choice.

Use these recommendations for popular seafood when dining and shopping. **For the full list, visit us at SeafoodWatch.org**



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 at SeafoodWatch.org**

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