

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.

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2. Fold on grey lines



Monterey Bay Aquarium

Seafood WATCH



MAHI MAHI

Hawai'i!

Consumer Guide
July - December 2020

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)
- ʻŌpae/Shrimp (US farmed)
- Opelu/Mackerel Scad (HI nets)
- Oysters (farmed & Canada)
- Pāpāʻi/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)

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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GOOD ALTERNATIVES

- ʻAhi/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 & US longlines)
- Onaga/Ruby Snapper (HI)
- Ono/Wahoo (HI)
- ʻŌpae/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)

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.



SeafoodWatch.org

AVOID

- ʻAhi/Yellowfin Tuna (imported longlines except US)
- Aku/Skipjack Tuna (imported purse seines)
- Bass: Striped (US gillnet, pound net)
- Cod: Atlantic (gillnet, longline, trawl)
- He'e/Octopus (other imported sources)
- Kajiki/Blue Marlin
- Mahi Mahi (imported)
- Manō/Sharks
- Ono/Wahoo (imported)
- ʻŌpae/Shrimp (other imported sources)
- Opah/Moonfish (imported)
- Orange Roughy
- Pāpāʻi/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: Atlantic Bluefin (imported longlines)
- Tuna: Pacific & Southern Bluefin

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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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.