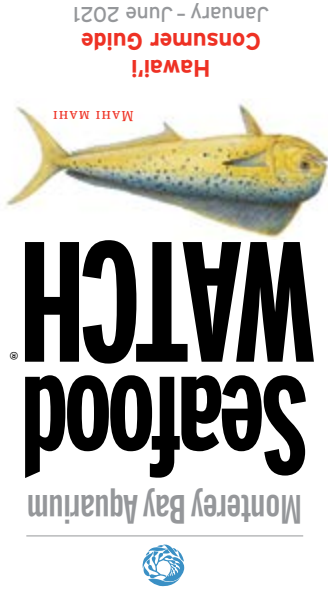


The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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



Hawai'i
Consumer Guide
January - June 2021



Seafood WATCH



Monterey Bay Aquarium

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)
- ‘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: California Market
- 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 (Costa Rica, Ecuador, Panama & 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)
- Squid: Jumbo
- Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
- 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)
- He'e/Octopus (other imported sources)
- Kajiki/Blue Marlin
- Mahi Mahi (Peru, Taiwan)
- 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)
- Squid: Argentine shortfin, Indian, Japanese flying, mitre & swordtip
- 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.

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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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.



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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