

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



MAHI MAHI

Monterey Bay Aquarium

HAWAII SEAFOOD GUIDE Spring / Summer 2026

BEST CHOICE

- Aku/skipjack tuna** (from Pacific handline or pole-&-line)
- Arctic char**
- Bass** (farmed from U.S. or Mexico)
- Clams** (farmed)
- Ika/squid** (from CA)
- Limu/ogo/seaweed** (farmed)
- Mahi mahi** (from U.S. Atlantic pole-&-line)
- Mussels** (farmed)
- ‘Ōpae/shrimp** (farmed from U.S.)
- Oysters** (farmed)
- Salmon** (farmed from New Zealand)
- Scallops** (farmed)
- Shutome/swordfish** (from U.S. or Canada buoy gear, harpoon, or pole-&-line)
- Ta’ape/bluestriped snapper**
- Toau/blacktail snapper**
- Tombo ahi/albacore tuna** (from Pacific or Atlantic troll or pole-&-line)
- Trout: rainbow** (farmed from U.S.)
- Uku/green jobfish** (from HI)

GOOD ALTERNATIVE

- ‘Ahi/bigeye and yellowfin tuna** (from US; from Atlantic pole-&-line, troll, or FAD-free)
- Aku/skipjack tuna** (from US; from Atlantic pole-&-line, troll, or FAD-free)
- Cod: Atlantic** (from U.S. pole-&-line)
- Ehu/ruby snapper** (from HI)
- Hapu’upu’u/Hawaiian grouper** (from HI)
- Hebi/shortbill spearfish** (from HI)
- Kajiki/blue marlin** (from HI)
- Mahi mahi** (from U.S.)
- Onaga/yellowstripe snapper** (from HI)
- Ono/wahoo** (from U.S. Atlantic longline or HI)
- ‘Ōpae/shrimp** (wild from U.S. or Canada; farmed from Ecuador or Thailand)
- Opah/moonfish** (from HI)
- ‘Ōpakapaka/pink snapper** (from HI)
- Shutome/swordfish** (from U.S. gillnet or longline)
- Tilapia** (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
- Yellowtail** (from U.S. gillnet)

AVOID

- ‘Ahi/bluefin tuna** (farmed/ranch)
- ‘Ahi/aku/tuna** (from Indian Ocean)
- ‘Ahi/aku/tuna** (all other options)
- Cod: Atlantic** (gillnet, longline, or trawl)
- He’e/tako/octopus** (Indonesia, Morocco, or Mauritania)
- Ika/squid** (imported)
- Kajiki/blue marlin**
- Mahi mahi** (imported)
- Ono/wahoo** (imported)
- ‘Ōpae/shrimp** (all other imported options)
- Opah/moonfish** (imported)
- Pāpa’i/crab** (from Asia)
- Pāpa’i/snow crab** (from Canada)
- Puhi/eel** (imported farmed)
- Salmon** (farmed from Canada, Chile, Norway, or Scotland)
- Sharks**
- Shutome/swordfish** (imported longline)
- Tilapia** (from China)
- Ula/American lobster** (from U.S. or Canada)
- Unagi/eel**

How to use this guide

- BEST CHOICE**
Buy first. It is well managed and caught or farmed in an environmentally responsible manner.
- GOOD ALTERNATIVE**
Buy if a Best Choice option is not available. There are moderate environmental concerns.
- AVOID**
Pass on this seafood for now. It’s caught or farmed in ways that harm marine life or the environment.

This list does not reflect all recommendations, exceptions may apply. View the full list on SeafoodWatch.org.

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Seafood Watch
 Monterey Bay Aquarium

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.



Take action

ASK “Do you sell sustainable seafood?” This simple but powerful action lets businesses know it is important to you.

BUY Best Choice options first.

CHOOSE Good Alternatives if you can’t find a Best Choice and visit SeafoodWatch.org for the full list.

Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

Visit SeafoodWatch.org for our full range of seafood guides. Or scan the QR code below.