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

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.

HOW TO USE THIS GUIDE
Most of our recommendations aren’t on this guide and exceptions exist. Visit 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 caught or farmed in ways that harm marine life or the environment.

Best Choices
- 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/Ruby Snapper (Hawaii)
- Hapu/upsu/Hawaiian Grouper (Hawaii)
- Hebi/Shortbill Spearfish (Hawaii)
- Kakige/Blue Marlin (Hawaii)
- Mahi-Mahi (US)
- Onaga/Red Snapper (Hawaii)
- Ono/Wahoo (Hawaii & US Atlantic longlines)
- Opa/Shrimp (Canada & US wild, Ecuador, Honduras, & Thailand farmed)
- Opakapaka/Pink Snapper (Hawaii)
- Oysters (US wild)
- Pala/pa/Crab (Argentina)
- Salmon (California, Oregon, Washington)
- Squid: Jumbo (Chile, China, & Peru)
- Squid (US & Canada wild, Indonesia, Mexico, & Taiwan)
- Tombo/Albacore Tuna (US longlines, Atlantic)
- Uku/Gray Snapper (Hawaii)
- Yellowtail (US gillnets)

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/Ruby Snapper (Hawaii)
- Hapu/upsu/Hawaiian Grouper (Hawaii)
- Hebi/Shortbill Spearfish (Hawaii)
- Kakige/Blue Marlin (Hawaii)
- Mahi-Mahi (US)
- Onaga/Red Snapper (Hawaii)
- Ono/Wahoo (Hawaii & US Atlantic longlines)
- Opa/Shrimp (Canada & US wild, Ecuador, Honduras, & Thailand farmed)
- Opakapaka/Pink Snapper (Hawaii)
- Oysters (US wild)
- Pala/pa/Crab (Argentina)
- Salmon (California, Oregon, Washington)
- Squid: Jumbo (Chile, China, & Peru)
- Squid (US & Canada wild, Indonesia, Mexico, & Taiwan)
- Tombo/Albacore Tuna (US longlines, Atlantic)
- Uku/Gray Snapper (Hawaii)
- Yellowtail (US gillnets)

Avoid
- Mahi-Mahi (US)
- Ahi/Yellowfin Tuna (imported longlines, purse seine & Indian Ocean)
- Aku/Skipjack Tuna (imported purse seine & Indian Ocean)
- Bass: Striped (US gillnet, pound net)
- Cod: Atlantic gillnet, longline, trawl
- He'e/Octopus
- Kakige/Blue Marlin
- Mahi-Mahi (imported)
- Mako/Sharks
- Ono/Wahoo (imported)
- Opa/Shrimp (other imported sources)
- Opah/Moonfish (imported)
- Orange Roughy
- Pala/pa/Crab (Asia & Russia)
- Salmon (Canada, Chile, Norway, & Scotland)
- Sardines: Atlantic (Mediterranean)
- Shumto/Swordfish (imported longlines)
- Squid (Argentina, China, India, Indonesia, Japan, & Thailand)
- Tilapia (China)
- Tombo/Albacore Tuna (imported except trolls, pole and lines)

Consumer Guide
January - August 2022

Hawai'i

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