

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

# Monterey Bay Aquarium® Seafood Watch®

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

## Support Ocean-Friendly Seafood

**Best Choices** are abundant, well-managed and caught or farmed in environmentally friendly ways.

**Good Alternatives** are an option, but there are concerns with how they're caught or farmed – or with the health of their habitat due to other human impacts.

**Avoid** for now as these items are overfished or caught or farmed in ways that harm other marine life or the environment.

### Key

HI = Hawai'i Imported = Outside the US  
MH = Main Hawaiian Islands  
NWHI = Northwest Hawaiian Islands  
BC = British Columbia  
♦ Indicates longline-caught  
\* Limit consumption due to concerns about mercury or other contaminants.  
Visit [www.edf.org/seafoodhealth](http://www.edf.org/seafoodhealth)  
Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND  
Seafood may appear in more than one column

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## Why Do Your Seafood Choices Matter?

Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overfished and, in the U.S., we import over 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.

By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

## You Can Make A Difference

Support ocean-friendly seafood in three easy steps:

1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the MSC Marine Stewardship Council blue eco-label in stores and restaurants.
2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.
3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!



## GOOD ALTERNATIVES

Ahi/Yellowfin Tuna (HI troll/pole)  
Ahi/Skipjack Tuna (HI) ♦  
Caviar, Sturgeon (US farmed)  
Crab: king (US), Kona (HI)  
Ehu/Red Snapper (NWHI)  
Hapu'u/Grouper (NWHI)  
Hebi/Spearfish (HI) ♦  
Kajiki/Blue Marlin (HI) ♦  
Lobster: American/Maine  
Mahi Mahi/Dolphinfish (HI)  
Monchong/Pomfret (HI) ♦  
Onaga/Ruby Snapper (NWHI)  
Ono/Wahoo (HI) ♦  
Opah/Moonfish (HI) ♦  
Opakapaka/Pink Snapper (NWHI)  
Scallops: Sea  
Shrimp (US, Canada)  
Shutome/Swordfish (US) ♦  
Tiapia (Central America farmed)  
Tombo/Albacore Tuna (HI) ♦  
Tombo/Canned white/Albacore Tuna (troll/pole except US and BC)  
Uku/Gray Snapper

## AVOID

Ahi/Bigeye\*, Bluefin\*, Tongol and Yellowfin\* Tuna  
Caviar, Sturgeon\* (imported wild)  
Chilean Seabass/Toothfish\*  
Cod: Atlantic  
Crab: king (imported)  
Ehu/Red Snapper (MHI)  
Hapu'u/Grouper (MHI)  
Hebi/Spearfish (imported) ♦  
Kajiki/Blue Marlin (imported) ♦  
Mahi Mahi/Dolphinfish (imported)  
Mano/Sharks\*  
Nairagi/Striped Marlin\*  
Onaga/Ruby Snapper (MHI)  
Opah/Moonfish (imported) ♦  
Opakapaka/Pink Snapper (MHI)  
Orange Roughy\*  
Salmon (farmed, including Atlantic) ♦  
Shrimp (imported)  
Shutome/Swordfish (imported) ♦  
Tiapia (Asia farmed)  
Tombo/Albacore Tuna (imported) ♦  
Tuna: Canned (except troll/pole) ♦

## Learn More

Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit [www.seafoodwatch.org](http://www.seafoodwatch.org).

Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.



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## BEST CHOICES

Aku/Skipjack Tuna including canned light tuna (troll/pole)  
Aku/Bigeye Scad  
Arctic Char (farmed)  
Barramundi (US farmed)  
Clams (farmed)  
Cobia (US farmed)  
Crab: Dungeness, Kona (Australia)  
Halibut: Pacific  
Mussels (farmed)  
Opelu/Mackerel Scad  
Oysters (farmed)  
Salmon (Alaska wild)  
Sardines: Pacific (US)  
Scallops (farmed off-bottom)  
Shutome/Swordfish (HI harpoon, handline) ♦  
Striped Bass (farmed or wild) ♦  
Tiapia (US farmed)  
Tombo/Albacore Tuna including canned white tuna (troll/pole, US and BC)



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# Seafood WATCH®



Hawai'i  
Sustainable  
Seafood Guide  
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