### BEST CHOICES
- Ahi/Skipjack Tuna including canned light tuna (troll/pole)
- Akule/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*)
- Tilapia (US farmed)
- Tombo/Albacore Tuna including canned white tuna (troll/pole, US and BC)

### GOOD ALTERNATIVES
- Ahi/Skipjack Tuna (Hi troll/pole)
- Akule/Bigeye Scad
- Caviar, Sturgeon (US farmed)
- Crab: King (US), Kona (Hi)
- Ehu/Red Snapper (NWHI)
- Hapu/Grouper (NWHI)
- Hebi/Swordfish (Hi)*
- Kajiki/Blue Marlin (Hi)*
- Lobster: American/Maine
- Mahi Mahi/Dolphinfish (Hi)
- Mochong/Pomfret (Hi)**
- Onaga/Ruby Snapper (NWHI)
- Ono/Wahoo (Hi)*
- Opah/Moonfish (Hi)*
- 'Opakapaka/Pink Snapper (NWHI)
- Scallops: Sea
- Shrimp (US, Canada)
- Shutome/Swordfish (US)*
- Tilapia (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/Grouper (MHI)
- Hebi/Swordfish (imported)*
- Kajiki/Blue Marlin (imported)*
- Mahi Mahi/Dolphinfish (imported)
- Marlin/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)**
- Tilapia (Asia farmed)
- Tombo/Albacore Tuna (imported)**
- Tuna: Canned (except troll/pole)*

### Support Ocean-Friendly Seafood

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

#### Good Alternatives
- These 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
- These are overfished or caught in ways that harm other marine life or the environment.

### Key
- HHI = Hawaii
- Import = Outside the US
- MHI = Main Hawaiian Islands
- NWHI = Northwest Hawaiian Islands
- BC = British Columbia
- Indicates longline-caught
- Indicates limit consumption due to concerns about mercury or other contaminants.
- Visit www.edf.org/seafoodhealth
- Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND

Seafood may appear in more than one column.