





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

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>Arctic Char (farmed)            Aku/Skipjack Tuna (HI troll/pole)            Akule/Bigeye Scad            Barramundi (US farmed)            Clams (farmed)            Cobia (US farmed)            Crab: Dungeness, Kona (Australia)            Halibut: Pacific<sup>+</sup>            Mussels (farmed)            'Opelu/Mackerel Scad            Oysters (farmed)            Salmon (Alaska wild)<sup>+</sup>            Sardines: Pacific (US)            Scallops: Bay (farmed)            Shutome/Swordfish (HI harpoon, handline)*            Striped Bass (farmed or wild*)            Tilapia (US farmed)            Tombo/Albacore Tuna (HI troll/pole)</p>	<p>'Ahi/Yellowfin Tuna (HI troll/pole)            Aku/Skipjack Tuna (HI)<sup>♦</sup>            Caviar, Sturgeon (US farmed)            Crab: King (US), Kona (HI)            Ehu/Red Snapper (NWHI)            Hāpu'u/Grouper (NWHI)            Hebi/Spearfish (HI)*            Kajiki/Blue Marlin (HI)*            Lobster: American/Maine            Mahi Mahi/Dolphinfish (HI)            Monchong/Bigscale Pomfret (HI)<sup>♦*</sup>            Onaga/Ruby Snapper (NWHI)            Ono/Wahoo (HI)*            Opah/Moonfish (HI)*            'Opakapaka/Pink Snapper (NWHI)            Pollock (Alaska wild)<sup>+</sup>            Scallops: Sea (wild)            Shrimp (US, Canada)            Shutome/Swordfish (US)*            Tilapia (Central America farmed)            Tombo/Albacore Tuna (HI)<sup>♦*</sup>            Uku/Gray Snapper</p>	<p>'Ahi/Bigeye<sup>♦*</sup>, Bluefin<sup>*</sup>, Tongol and Yellowfin<sup>♦*</sup> Tuna            Caviar, Sturgeon<sup>*</sup> (imported wild)            Chilean Seabass/Toothfish<sup>*</sup>            Cod: Atlantic            Crab: King (imported)            Ehu/Red Snapper (MHI)            Hāpu'u/Grouper (MHI)            Hebi/Spearfish (imported)<sup>*</sup>            Kajiki/Blue Marlin (imported)<sup>*</sup>            Mahi Mahi/Dolphinfish (imported)            Manō/Sharks<sup>*</sup>            Nairagi/Striped Marlin<sup>*</sup>            Onaga/Ruby Snapper (MHI)            Opah/Moonfish (imported)<sup>*</sup>            'Opakapaka/Pink Snapper (MHI)            Orange Roughy<sup>*</sup>            Salmon (farmed, including Atlantic)<sup>*</sup>            Shrimp (imported)            Shutome/Swordfish (imported)<sup>♦*</sup>            Tilapia (Asia farmed)            Tombo/Albacore Tuna (imported)<sup>♦*</sup>            Yellowtail (imported farmed)</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p><b>Good Alternatives</b> 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.</p> <p><b>Avoid</b> for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b></p> <p>HI = Hawai'i Imported = Outside the US            MHI = Main Hawaiian Islands            NWHI = Northwest Hawaiian Islands</p> <p>* Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a></p> <p>+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit <a href="http://www.msc.org">www.msc.org</a></p> <p>♦ Indicates longline-caught</p> <p>Seafood may appear in more than one column</p>
<p>MONTEREY BAY AQUARIUM</p>  <h1>Seafood WATCH</h1> <p>HAWAII! Sustainable Seafood Guide January 2010</p> 	<p>Learn More</p> <p>Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a>.</p> <p>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.</p>  <p>MONTEREY BAY AQUARIUM</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2010. All rights reserved. Printed on recycled paper.</p>	<p>You Can Make A Difference</p> <p>Support ocean-friendly seafood in three easy steps:</p> <ol style="list-style-type: none"> <li>1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council blue eco-label in stores and restaurants.</li> <li>2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.</li> <li>3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!</li> </ol> 	<p>Why Do Your Seafood Choices Matter?</p> <p>Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are over-fished 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.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p> <p>Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND</p>