

## BEST CHOICES

'Ahi/Bigeye tuna (troll/pole, handline)  
 'Ahi/Yellowfin tuna (troll/pole, handline)  
 Aku/Skipjack tuna (troll/pole, handline)  
 Akule/Bigeye scad  
 Clams (farmed)  
 Crab: Dungeness, Kona (Australia)  
 Halibut: Pacific  
 Mussels (farmed)  
 'Ōpelu/Mackerel scad  
 Oysters (farmed)  
 Pollock (wild-caught from Alaska)\*  
 Salmon (wild-caught from Alaska)\*  
 Sardines  
 Striped bass (farmed)  
 Tilapia (US farmed)  
 Tombo/Albacore tuna (troll/pole, handline)

\* Limit consumption due to concerns about mercury or other contaminants. Visit [www.oceansalive.org/eat.cfm](http://www.oceansalive.org/eat.cfm)  
 \* Certified as sustainable to the Marine Stewardship Council standard. Visit [www.msc.org](http://www.msc.org)  
 \* Indicates longline-caught

## GOOD ALTERNATIVES

'Ahi/Bigeye, Yellowfin tuna (HI)\*\*  
 Aku/Skipjack tuna (HI)\*  
 A'u/Blue marlin (HI)\*\*  
 Crab: Kona (HI)  
 Ehu/Red snapper (NWHI)  
 Hāpu'u/Grouper (NWHI)  
 Hebi/Spearfish (HI)\*  
 He'e/Tako/Octopus  
 Lobster: American/Maine  
 Mahi mahi/Dolphinfish/Dorado (HI)\*  
 Monchong/Bigscale pomfret (HI)\*  
 Nairagi/Striped marlin (HI)\*\*  
 Onaga/Ruby snapper (NWHI)  
 Ono/Wahoo (HI)\*  
 Opah/Moonfish (HI)\*\*  
 'Opakapaka/Pink snapper  
 Scallops: Bay, Sea  
 Shrimp (US farmed or wild-caught)  
 Shutome/Swordfish (HI)\*\*  
 Squid  
 Tombo/Albacore tuna (HI)\*\*  
 Uku/Gray snapper  
 Ulua/Trevally/Jack

## AVOID

'Ahi/Bigeye tuna (imported Pacific)\*\*  
 'Ahi/Yellowfin tuna (imported Pacific)\*\*  
 Aku/Skipjack tuna (imported Pacific)\*  
 Chilean Seabass/Toothfish\*  
 Cod: Atlantic  
 Ehu/Red snapper (MHI)  
 Hāpu'u/Grouper (MHI)  
 Manō/Sharks\*  
 Onaga/Ruby snapper (MHI)  
 Orange Roughy\*  
 Salmon (farmed, including Atlantic)\*  
 Shrimp (imported farmed or wild-caught)  
 Shutome/Swordfish (imported Pacific)\*\*  
 Sturgeon\*, Caviar (imported wild-caught)  
 Tombo/Albacore tuna (imported Pacific)\*\*  
 Tuna: Bluefin\*

HI = Hawai'i  
 Imported = Outside the US  
 MHI = Main Hawaiian Islands  
 NWHI = Northwest Hawaiian Islands

## Use This Guide to Make Choices for Healthy Oceans

### Best Choices

These are your best seafood choices! These fish are abundant, well managed and caught or farmed in environmentally friendly ways.

### Good Alternatives

These are good alternatives to the Best Choices column. However, there are concerns with how they're caught or farmed - or with the health of their habitat due to other human impacts.

### Avoid

Avoid these fish, at least for now. They come from sources that are overfished and/or caught or farmed in ways that harm other marine life or the environment.

(Seafood may appear in more than one column)

## Seafood Guide for Hawai'i 2006



# Seafood WATCH

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- More detailed information on these recommendations for other species
- The latest version of this and other regional guides
- Information on seafood and your health and much more...

Learn more

Contaminant information provided by: ENVIRONMENTAL DEFENSE

**You Have the Power**  
 Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

Make Choices for Healthy Oceans

**How to use this guide**  
 The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Please read all columns and be sure to check labels or ask questions when shopping or eating out.  
 • Where is the seafood from?  
 • Is it farmed or wild-caught?  
 • How was it caught?  
 If you're not sure, choose something else from the green or yellow columns.  
 This Seafood Guide was last updated in April 2006.