



# Monterey Bay Aquarium® Seafood Watch®

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.

| BEST CHOICES   | GOOD ALTERNATIVES  | AVOID  | Support Ocean-Friendly Seafood  |
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| <p>Aku/Skipjack Tuna including canned light tuna (troll/pole)<br/>                     Akule/Bigeye Scad<br/>                     Arctic Char (farmed)<br/>                     Barramundi (US farmed)<br/>                     Clams (farmed)<br/>                     Cobia (US farmed)<br/>                     Crab: Dungeness, Kona (Australia)<br/>                     Halibut: Pacific (US)<br/>                     Mussels (farmed)<br/>                     'Opelu/Mackerel Scad<br/>                     Oysters (farmed)<br/>                     Salmon (Alaska wild)<br/>                     Sardines: Pacific (US)<br/>                     Scallops (farmed off-bottom)<br/>                     Shutome/Swordfish (HI harpoon, handline)*<br/>                     Striped Bass (farmed or wild*)<br/>                     Tilapia (US farmed)<br/>                     Tombo/Albacore Tuna including canned white tuna (troll/pole, US and BC)</p> | <p>'Ahi/Yellowfin Tuna (HI troll/pole)<br/>                     Aku/Skipjack Tuna (HI)*<br/>                     Caviar, Sturgeon (US farmed)<br/>                     Crab: King (US), Kona (HI)<br/>                     Ehu/Red Snapper (NWHI)<br/>                     Hāpu'u/Grouper (NWHI)<br/>                     Hebi/Spearfish (HI)*<br/>                     Kajiki/Blue Marlin (HI)*<br/>                     Lobster: American/Maine<br/>                     Mahi Mahi/Dolphinfish (HI)<br/>                     Monchong/Pomfret (HI)*<br/>                     Onaga/Ruby Snapper (NWHI)<br/>                     Ono/Wahoo (HI)*<br/>                     Opah/Moonfish (HI)**<br/>                     'Opakapaka/Pink Snapper (NWHI)<br/>                     Scallops: Sea<br/>                     Shrimp (US, Canada)<br/>                     Shutome/Swordfish (US)*<br/>                     Tilapia (Central &amp; South America farmed)<br/>                     Tombo/Albacore Tuna (HI)**<br/>                     Tombo/Canned white/Albacore Tuna (troll/pole except US and BC)<br/>                     Uku/Gray Snapper</p> | <p>'Ahi/Bigeye***, Bluefin*, Tongol and Yellowfin** Tuna<br/>                     Caviar, Sturgeon* (imported wild)<br/>                     Chilean Seabass/Toothfish*<br/>                     Cod: Atlantic<br/>                     Crab: King (imported)<br/>                     Ehu/Red Snapper (MHI)<br/>                     Hāpu'u/Grouper (MHI)<br/>                     Hebi/Spearfish (imported)*<br/>                     Kajiki/Blue Marlin (imported)*<br/>                     Mahi Mahi/Dolphinfish (imported)<br/>                     Manō/Sharks*<br/>                     Nairagi/Striped Marlin*<br/>                     Onaga/Ruby Snapper (MHI)<br/>                     Opah/Moonfish (imported)*<br/>                     'Opakapaka/Pink Snapper (MHI)<br/>                     Orange Roughy*<br/>                     Salmon (farmed, including Atlantic)*<br/>                     Shrimp (imported)<br/>                     Shutome/Swordfish (imported)**<br/>                     Tilapia (Asia farmed)<br/>                     Tombo/Albacore Tuna (imported)**<br/>                     Tuna: Canned (except troll/pole)*</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 overfished or caught or farmed in ways that harm other marine life or the environment.</p> <p><b>Key</b><br/>                     HI = Hawai'i Imported = Outside the US<br/>                     MHI = Main Hawaiian Islands<br/>                     NWHI = Northwest Hawaiian Islands<br/>                     BC = British Columbia<br/>                     ♦ Indicates longline-caught<br/>                     * Limit consumption due to concerns about mercury or other contaminants. Visit <a href="http://www.edf.org/seafoodhealth">www.edf.org/seafoodhealth</a><br/>                     Contaminant information provided by: ENVIRONMENTAL DEFENSE FUND<br/>                     Seafood may appear in more than one column</p> |
|  <p>MONTEREY BAY AQUARIUM<br/> <b>Seafood WATCH</b><br/>                     MAHI MAHI<br/>                     Hawaii! Sustainable Seafood Guide January 2011</p>  | <p><b>Learn More</b></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>. 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 ©2011. All rights reserved. Printed on recycled paper.</p>  | <p><b>You Can Make A Difference</b></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><b>Why Do Your Seafood Choices Matter?</b></p> <p>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.</p> <p>By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.</p>  |

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