





- 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⁺ Mussels (farmed) 'Opelu/Mackerel Scad Oysters (farmed) Salmon (Alaska wild)⁺ 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)[♦] 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)^{♦*} Onaga/Ruby Snapper (NWHI) Ono/Wahoo (HI)* Opah/Moonfish (HI)* 'Opakapaka/Pink Snapper (NWHI) Pollock (Alaska wild)⁺ Scallops: Sea (wild) Shrimp (US, Canada) Shutome/Swordfish (US)* Tilapia (Central America farmed) Tombo/Albacore Tuna (HI)^{♦*} Uku/Gray Snapper</p>	<p>'Ahi/Bigeye^{♦*}, Bluefin[*], Tongol and Yellowfin^{♦*} Tuna Caviar, Sturgeon[*] (imported wild) Chilean Seabass/Toothfish[*] Cod: Atlantic Crab: King (imported) Ehu/Red Snapper (MHI) Hāpu'u/Grouper (MHI) Hebi/Spearfish (imported)[*] Kajiki/Blue Marlin (imported)[*] Mahi Mahi/Dolphinfish (imported) Manō/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)^{♦*} Yellowtail (imported farmed)</p>	<p>Support Ocean-Friendly Seafood</p> <p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>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.</p> <p>Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p>Key</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 www.edf.org/seafoodhealth</p> <p>+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</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 www.seafoodwatch.org.</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"> 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. 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! 	<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>