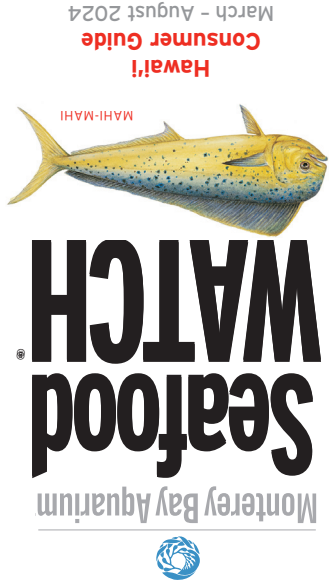


The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

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



**BEST CHOICES**

- Aku/skipjack tuna (Pacific troll or pole-&-line)
- Arctic char
- Bass (farmed from US)
- Clams (farmed)
- Crab: king (from AK)
- Ika/squid (from CA)
- Limu/ogo/seaweed (farmed)
- Mussels (farmed)
- \*Opae/shrimp (farmed from US)
- Oysters (farmed)
- Salmon (farmed from New Zealand)
- Scallops (farmed)
- Shutome/swordfish (US buoy gear, harpoon, or pole-&-line)
- Ta'ape/bluestriped snapper (net)
- Tilapia (from Ecuador or Peru)
- Toau/blacktail snapper
- Tombo ahi/albacore tuna (troll or pole-&-line)
- Trout: rainbow (farmed from US)
- Uku/green jobfish (from HI)

**GOOD ALTERNATIVES**

- 'Ahi/bigeye tuna (from HI)
- 'Ahi/yellowfin tuna (free school; from US longline; troll or pole-&-line)
- Aku/canned tuna (check label for pole-&-line, troll-caught, FAD-free, or free school)
- Ehu/ruby snapper (from HI)
- Hapu'upu'u/Hawaiian grouper (from HI)
- Hebi/shortbill spearfish (from HI)
- Ika/jumbo squid (from Chile, China, or Peru)
- Kajiki/blue marlin (from HI)
- Mahi mahi (from US)
- Onaga/yellowstripe snapper (from HI)
- Ono/wahoo (from US Atlantic longline or HI)
- \*Opae/shrimp (wild from US or Canada; farmed from Ecuador, Honduras, or Thailand)
- Opah/moonfish (from HI)
- \*Opakapaka/pink snapper (from HI)
- Shutome/swordfish (imported harpoon, troll, pole-&-line; from US gillnet or longline)
- Ta'ape/bluestriped snapper (handline)
- Tilapia (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
- Yellowtail (from US gillnet)

**AVOID**

- 'Ahi/bluefin tuna
- 'Ahi/aku/tuna (from Indian Ocean)
- 'Ahi/aku/tuna (all other options)
- Cod: Atlantic (gillnet, longline, or trawl)
- He'e/tako/octopus (imported)
- Ika/squid (all other imported options)
- Kajiki/blue marlin
- Mahi-mahi (imported)
- Ono/wahoo (imported)
- \*Opae/shrimp (all other imported options)
- Opah/moonfish (imported)
- Papa'i/crab (from Asia)
- Papa'i/snow crab (from Canada)
- Sälmon (farmed from Canada, Chile, Norway, or Scotland)
- Sharks
- Shutome/swordfish (imported longline)
- Tilapia (from China)
- Tombo/albacore tuna (imported; except troll or pole-&-line)
- Ula/American lobster (from US or Canada)
- Unagi/eel

**How to use this guide**

Most of our recommendations aren't on this guide and exceptions exist. Visit [SeafoodWatch.org](http://SeafoodWatch.org) for the full list.

**Best Choices**

Buy first. They're well managed and caught or farmed responsibly.

**Good Alternatives**

Buy, but be aware there are concerns with how they're caught, farmed or managed.

**Avoid**

Take a pass on these for now. They're caught or farmed in ways that harm marine life or the environment.

**Seafood Watch**

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.



Monterey Bay Aquarium

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Hawai'i Consumer Guide March - August 2024

**Take action**

**ASK** "Do you sell sustainable seafood?" Let businesses know it is important to you. **BUY** Best Choices first. **CHOOSE** Good Alternatives if you can't find a Best Choice and visit [SeafoodWatch.org](http://SeafoodWatch.org) for the full list.



**Your choices matter**

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

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