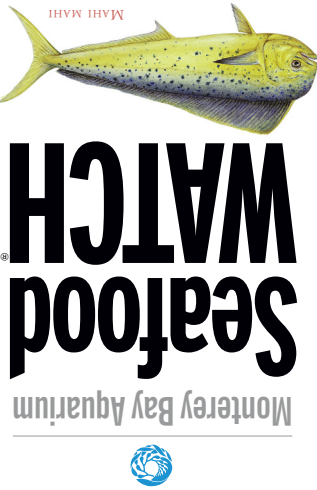



| BEST CHOICES | GOOD ALTERNATIVES | AVOID | How to Use This Guide |
|--|--|---|--|
| <p>Aku/Skipjack Tuna (Pacific trolls, pole and lines) Akule/Big-eye Scad (HI nets) Arctic Char (farmed) Barramundi (US & Vietnam farmed) Bass (US hooks and lines, farmed) Clams, Mussels & Oysters Limu/Ogo/Seaweed (farmed) Lionfish (US) Lobster: Spiny (Mexico) 'Ōpae/Prawn/Shrimp (Canada & US) Opelu/Mackerel Scad (HI nets) Pāpa'i/Crab: King, Snow & Tanner (AK) Rockfish (AK, CA, OR & WA) Salmon (New Zealand) Sardines: Pacific (Canada & US) Scallops (farmed) Shutome/Swordfish (Canada & US buoy, handlines, harpoons) Tilapia (Canada, Ecuador, Peru & US) Tombo/Albacore Tuna (trolls, pole and lines) Trout: Rainbow/Steelhead (US farmed)</p> | <p>'Ahi/Yellowfin Tuna (free school, trolls, pole and lines, US longlines) Aku/Skipjack Tuna (free school, US longlines, imported trolls, pole and lines) Ehu/Red Snapper (HI) Hapu'upu'u/Hawaiian Grouper (HI) Hebi/Shortbill Spearfish (imported) He'e/Octopus (Portugal & Spain pots & HI) Kajiki/Blue Marlin (HI) Mahi Mahi (Ecuador & US longlines) Onaga/Ruby Snapper (HI) Ono/Wahoo (HI) 'Ōpae/Shrimp (Canada & US wild, Ecuador & Honduras farmed) Opah/Moonfish (HI) Opakapaka/Pink Snapper (HI) Pāpa'i/Crab: Dungeness (Canada & US) Salmon (Canada Pacific & US) Tilapia (China, Colombia, Honduras, Indonesia, Mexico & Taiwan) Tombo/Albacore Tuna (US longlines) Trout: Rainbow/Steelhead (Chile farmed) Uku/Gray Snapper (HI) Yellowtail (US gillnets)</p> | <p>'Ahi/Yellowfin Tuna (longlines except US) Aku/Skipjack Tuna (imported purse seines) He'e/Octopus: Common (Portugal & Spain trawls, Mexico) Kajiki/Blue Marlin Mahi Mahi (imported) Manō/Sharks Ono/Wahoo (imported) 'Ōpae/Shrimp (other imported sources) Opah/Moonfish (imported) Orange Roughy Pāpa'i/Crab (Argentina, Asia & Russia) Salmon (Canada Atlantic, Chile, Norway & Scotland) Sardines: Atlantic (Mediterranean) Shutome/Swordfish (imported longlines) Tombo/Albacore Tuna (imported except trolls, pole and lines) Tuna: Bluefin</p> | <p>How to Use This Guide</p> <p>Many seafood items appear in more than one column. Please be sure to check them all.</p> <p>Best Choices Buy first; they're well managed and caught or farmed responsibly.</p> <p>Good Alternatives Buy, but be aware there are concerns with how they're caught or farmed.</p> <p>Avoid Take a pass on these for now; they're overfished or caught or farmed in ways that harm other marine life or the environment.</p> |
|  <p>January - June 2018 Consumer Guide Hawai'i MAHI MAHI</p> | <p>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.</p> <p>Seafood Watch</p> <p>Monterey Bay Aquarium</p> <p><small>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2018. All rights reserved. Printed on recycled paper.</small></p> | <p>Take Action</p> <p>ASK "Are you a Seafood Watch partner?" Let businesses know responsible seafood is important to you.</p> <p>BUY Best Choices. If unavailable, look for Good Alternatives or the eco-certified options found on our app and website.</p> <p>CHOOSE Seafood Watch partners from our app or website when dining and shopping.</p> <p>DOWNLOAD Our free app.</p> <p>SeafoodWatch.org</p>  | <p>Your Choices Matter</p> <p>Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.</p> <p>You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when shopping and dining. For the full list, visit us online or download our free app.</p> |

To use your guide: 1. Cut along outer black line
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