

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
<p>'Ahi/Yellowfin Tuna (US Pacific troll, pole)                      Aku/Skipjack Tuna (troll, pole)                      Akule/Big-eye Scad (HI)                      Arctic Char (farmed)                      Barramundi (US)                      Bass: Striped (US hook &amp; line, farmed)                      Black Cod/Butterfish (AK &amp; Canada wild)                      Clams, Mussels, Oysters (farmed)                      Clams, Oysters (US wild)                      Cobia (US)                      Crab: Dungeness                      Crab: Kona (Australia)                      Halibut: Pacific (US)                      'Ōpelu/Mackerel Scad (HI)                      Salmon (AK)                      Sardines: Pacific (Canada &amp; US)                      Scallops (farmed)                      Shrimp: Pink (OR)                      Shutome/Swordfish (Canada &amp; US harpoon, handline)*                      Tilapia (Ecuador &amp; US farmed)                      Tombo/Albacore (Canada &amp; US troll, pole)</p>	<p>'Ahi/Yellowfin Tuna (HI longline)*                      Aku/Skipjack Tuna (HI)                      Black Cod/Butterfish (CA, OR &amp; WA wild)                      Crab (US)                      Hāpu'u/Hawaiian Grouper (HI)                      He'e/Octopus (Mexico, Spain &amp; US)                      Kajiki/Blue Marlin (HI)*                      Lobster                      Mahi Mahi (US)                      Monkfish (US)                      Onaga/Ruby Snapper (HI)                      Ono/Wahoo (US)*                      Opah/Moonfish (HI)*                      'Opakapaka/Pink Snapper (HI)                      Scallops (wild)                      Shrimp (Canada &amp; US wild)                      Shutome/Swordfish (US)*                      Squid                      Sturgeon, Caviar (US farmed)                      Tilapia (China &amp; Taiwan)                      Tombo/Albacore Tuna (HI longline)                      Uku/Gray Snapper (HI)                      Yellowtail: California</p>	<p>'Ahi/Bigeye*, Bluefin*, Tongol, Yellowfin* Tuna                      Chilean Seabass/Toothfish*                      Crab: Red King (Russia)                      Hebi/Shortbill Spearfish (imported)                      Kajiki/Blue Marlin (imported)*                      Mahi Mahi (imported)                      Manō/Shark*                      Nairagi/Striped Marlin*                      Opah/Moonfish                      Orange Roughy*                      Salmon (farmed including Atlantic)                      Shrimp (imported)                      Shutome/Swordfish (imported)*                      Sturgeon, Caviar (wild)                      Tombo/Albacore Tuna*                      Tuna: Canned*</p>	<p><b>Support Ocean-Friendly Seafood</b></p> <p><b>Best Choices</b> are well-managed and caught or farmed in ocean-friendly ways.</p> <p><b>Good Alternatives</b> are also an option, but be aware that there are concerns with how they're caught or farmed.</p> <p><b>Avoid</b> these items for now. They may be overfished, or caught or farmed in ways that harm other wildlife or their habitats.</p> <p>* Limit consumption due to concerns about mercury content.                      Visit <a href="http://edf.org/seafoodhealth">edf.org/seafoodhealth</a></p> <p>Contaminant information provided by:                      ENVIRONMENTAL DEFENSE FUND</p>  <p>Seafood may appear in more than one column</p>
 <p>Monterey Bay Aquarium  <b>Seafood WATCH</b>                      Hawai'i                      Seafood Guide Spring 2013</p> 	<p><b>Learn More</b></p> <p>In addition to the recommendations on this guide, we have hundreds more available from our scientists. To see the complete and most up-to-date list visit us:                      • Online at <a href="http://seafoodwatch.org">seafoodwatch.org</a>                      • On our free app                      • On our mobile site                      • Or join us on Facebook or Twitter</p>  <p>Monterey Bay Aquarium</p> <p>The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2013. 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 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>

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