How To Use This Guide

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Read all the columns and be sure to check labels or ask questions when shopping or eating out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

If you are not sure, choose something else from the green or yellow columns.

Seafod recommendations in this guide are credited to the Monterey Bay Aquarium Foundation & the Bahamas Reef Environmental Education Foundation.

Seafood in The Bahamas

Bahamians depend on marine resources for food, recreation and employment. While here in The Bahamas, your choices as a consumer will make a difference. Listed below are some of the seafood available locally and a few guidelines that will ensure your support the healthy management of our marine resources.

Bahamas BEST CHOICES

| Spiny Lobster (Aug. 1st – March 31st) |
| Stone Crab (Oct. 16th - May 30th) |
| French or Blue-Striped Grunts |
| Yellowtail Snapper |
| Margate Snapper |
| Mutton Snapper |
| Gray Snapper |
| Mahi-Mahi |
| Goggle-Eye |

Bahamas ALTERNATIVES

Nassau Grouper (Feb. 2nd – Nov. 30th)
Queen Conch (mature-formed lip)
Mackerel Fish
Bar Jack
Lion Fish
Wahoo

Bahamas AVOID

Spiny Lobster (April 1st – July 31st)
Stone Crab (June 1st – Oct. 15th)
Grouper (Dec. 1st—Feb 1st)
Turtle (meat and eggs)
Horse-Eye Jacks *
Spanish Lobster
Dolphin Fish
Barracuda *
Swordfish *
Bonefish (imported)
Shark

- Limit consumption due to concerns about mercury, Sigaterra or other contaminants

U.S. & Bahamas Seafood Guide

Make Choices For Healthy Oceans!
Use This Guide to Make Choices for Healthy Oceans

Best Choices
These are your best seafood choices! These fish are abundant, well-managed and caught or farmed in environmentally friendly ways.

Good Alternatives
These are good alternatives to the Best Choice column. However, there are concerns with how they are caught or farmed or with the health of their habitat due to other human impacts.

Avoid
Avoid these fish, at least for now. They come from sources that are overfished and/or caught or farmed in ways that harm other marine life or the environment.

For more information, go to:
www.seafoodwatch.org
www.breef.org