

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.

Seafood 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**

Seafood WATCH



Nassau Grouper

U.S. & Bahamas Seafood Guide

Make Choices
For Healthy
Oceans!



U.S. BEST CHOICES

Cod: Pacific (trap or hook & line caught)
Crab: Dungeness, Snow (Canada), Stone
Striped Bass (farmed or wild-caught)*
Pollock (wild-caught from Alaska)*
Salmon (wild-caught from Alaska)*
Tuna: Albacore, Bigeye, Yellowfin
(troll/pole-caught)
Sturgeon, Caviar (farmed)
Trout: Rainbow (farmed)
Catfish (U.S. farmed)
Lobster: Spiny (U.S.)
Mussels (farmed)
Oysters (farmed)
Tilapia (farmed)
Clams (farmed)
Halibut: Pacific
Sardines

Northeast= Connecticut to Maine
Mid-Atlantic= North Carolina to New York
U.S. = United States

U.S. GOOD ALTERNATIVES

Cod: Pacific (long-line or trawl-caught)
Crab: Blue*, King (Alaska), Snow (U.S.)
Scallops: Sea (Northeast or Canada)
Shrimp (U.S. farmed or wild-caught)
Tuna: Albacore, Big Eye, Yellowfin
(long-line caught)
Mahi Mahi/ Dolphin Fish/ Dorado
Tuna: canned white/Albacore*
Lobster: American/Maine
Crab: imitation/Surimi
Oysters (wild-caught)
Clams (wild-caught)
Bass/Tra (farmed)
Tuna: canned light
Swordfish (U.S.)*
Soles (Pacific)
Scallops: Bay
Squid

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- * Limit consumption due to concerns about mercury or other contaminants
 - * Certified as sustainable to the Marine Stewardship Council standard

U.S. AVOID

Shrimp (imp. farmed or wild-caught)
Salmon (farmed, including Atlantic)
Sharks* (imported wild-caught)
Scallops: Sea (Mid-Atlantic)
Chilean Seabass/ Toothfish*
Flounders/Soles (Atlantic)
Lobster: Spiny (Caribbean)
Swordfish (imported)*
Crab: King (imported)
Rockfish (Pacific)*
Sturgeon*, Caviar
Halibut: Atlantic
Orange Roughy*
Cod: Atlantic
Tuna: Bluefin*
Snapper: Red
Groupers*
Monkfish

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

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.