

SUSTAINABLE SEAFOOD

	CENTRAL	SW	SE	NE	WEST	HAWAII
ARCTIC CHAR FARMED						
BASA/SWAI						
BASS FARMED, US						
BASS STRIPED						
BRANZINO						
BLACKTAIL SNAPPER						
BLUEFISH HANDLINES						
CATFISH						
CLAMS FARMED						
CLAMS WILD						
COCKLES						
COD PACIFIC						
COD ATLANTIC						
CRAB BLUE						
CRAB KING/SNOW						



PREMIER



ALTERNATIVE



AVOID



N/A

SUSTAINABLE SEAFOOD

	CENTRAL	SW	SE	NE	WEST	HAWAII
CRAB ASIA/RUSSIA						
CRAWFISH FARMED						
CRAB SOUTH AMERICA						
HALIBUT ATLANTIC						
LIONFISH US						
LOBSTER US						
LOBSTER SOUTH AMERICA						
MAHI MAHI PERU/TAIWAN						
MULLET STRIPED						
MACKEREL						
MONKFISH						
MUSSELS FARMED						
ORANGE ROUGHY						
OCTOPUS						
OYSTER WILD, US						



PREMIER



ALTERNATIVE



AVOID



N/A

SUSTAINABLE SEAFOOD

	CENTRAL	SW	SE	NE	WEST	HAWAII
OYSTER FARMED						
PINK SNAPPER						
POMPANO						
POLLOCK LONGLINE/US						
POLLOCK TRAWL/RUSSIA						
ROCKFISH						
SABLEFISH WILD, CANADA						
SABLEFISH AK, USA						
SALMON NEW ZEALAND						
SALMON ATLANTIC						
SALMON CANADA/NORWAY						
SALMON US (CA/OR/WA)						
SCALLOPS FARMED						
SARDINES ATLANTIC						
SOLE US						



PREMIER



ALTERNATIVE



AVOID



N/A

SUSTAINABLE SEAFOOD

	CENTRAL	SW	SE	NE	WEST	HAWAII
SANDDAB US (CA,OR,WA)						
SEAWEED						
SHRIMP FARMED, US						
SHRIMP WILD, US						
SHRIMP IMPORTED						
SHARKS						
SMELT RAINBOW						
SQUID CA, USA						
SQUID PERU/CHILE						
SQUID JUMBO, CHINA						
SQUID ARG/IND/JPN/THAILAND						
SNAPPER						
STURGEON FARMED, US						
SWORDFISH HARPOONS						
SWORDFISH US						



PREMIER



ALTERNATIVE



AVOID



N/A

SUSTAINABLE SEAFOOD

	CENTRAL	SW	SE	NE	WEST	HAWAII
SWORDFISH IMPORTED	Red	Red	Red	Red	Grey	Red
TILAPIA US/CANADA	Green	Green	Green	Green	Green	Green
TILAPIA COL/MEX/HOND/TW	Yellow	Yellow	Red	Yellow	Yellow	Grey
TILAPIA CHINA	Red	Red	Grey	Red	Red	Red
TROUT CANADA/CHILE	Grey	Yellow	Yellow	Yellow	Grey	Grey
TROUT LAKE	Green	Grey	Grey	Grey	Grey	Grey
TROUT FARMED, US	Green	Grey	Grey	Green	Green	Green
TUNA ALBACORE	Yellow	Yellow	Red	Yellow	Yellow	Green
TUNA SKIPJACK, US	Yellow	Yellow	Yellow	Yellow	Yellow	Grey
TUNA BLUEFIN	Red	Red	Grey	Red	Grey	Red
TUNA YELLOWFIN, US	Yellow	Yellow	Grey	Yellow	Yellow	Yellow
TUNA YELLOWFIN, IMPORTED	Red	Red	Red	Red	Red	Red
TUNA SKIPJACK, IMPORTED	Red	Red	Red	Red	Red	Red
TUNA ALBACORE, IMPORTED	Red	Red	Grey	Red	Grey	Red
TUNA ALBACORE TROLLS/POLES/LINES	Green	Green	Green	Green	Green	Yellow



PREMIER



ALTERNATIVE







































AVOID



N/A

SUSTAINABLE SEAFOOD

	CENTRAL	SW	SE	NE	WEST	HAWAII
TUNA SKIPJACK (TROLLS/POLES/LINES)						
YELLOWTAIL						
YELLOWSTRIBE SNAPPER						
WAHOO						
WRECKFISH						
WHITEFISH						



PREMIER



ALTERNATIVE



AVOID



N/A