

Best fish guide 2017

Smart seafood
choices



Forest & Bird

TE REO O TE TAIAO | Giving Nature a Voice

www.bestfishguide.org.nz



Forest & Bird is proud to publish the **Best Fish Guide**, New Zealand's only independent consumer guide to sustainably caught seafood.

The 2017 guide, released in the form of a mobile app and website, uses a traffic light system to rank more than 85 commercial seafood species. It assesses a number of ecological factors to determine which fisheries are the least (and most) damaging to the marine environment.

There's plenty of choice for Kiwis who love their seafood but want to choose more sustainable options. The all-new guide lists nine "great to eat" seafood choices, including salmon, mussels, oysters and paua (all farmed), albacore and skipjack tuna, crayfish, cockles and pilchards. A further 33 are in the "OK to eat" categories.

However New Zealand's seafood industry is not always as environmentally-friendly as some claim. **The Best Fish Guide** reveals 75 seafood choices that should be avoided because they are ecologically unsustainable. Bottom of the "worst choice" category are orange roughy and black cardinal fish.

The rigorous scientific methodology used to assess each species has been thoroughly reviewed for the 2017 guide. Our scientists used the best available and most recent scientific information to compile the ecological assessments.

What's new?

The guide is more user friendly than ever before, with additional species, information and choices. It includes freshwater species (whitebait and eels) for the first time. The 2017 guide also includes regional differences and/or fishing method differences for many species.

How does it work?

Go to www.bestfishguide.org.nz and download the free app. Some seafood has more than one ranking depending on where and/or how it was caught. For example, arrow squid caught by jigging is a good seafood choice, while bottom trawl-caught squid should be avoided.



Who is supporting it?

We have asked some of New Zealand's top chefs to help by providing recipes for the app. They include Annabel Langbein, Al Brown, Brett McGregor, Julie Biuso, Grace Ramirez, Shaun Clouston, Lauraine Jacobs and many others.

How can you help?

- Download and share the app with others.
- When buying seafood, ask where (region) and how (fishing method) it was caught.
- Make a donation to help fund our marine protection work. Please donate today at www.forestandbird.org.nz/saveourseas

BEST CHOICE

		
Paua (farmed)		Albacore tuna (troll)
Green-lipped mussel (farmed)		Pacific oyster (farmed, SI)
Salmon (farmed, freshwater Canterbury)		Rock lobster (Gisborne to Kaikoura)
Cockle		Skipjack tuna
Pilchard		Anchovy
Arrow Squid (jig)		Salmon (farmed, marine Canterbury)
Kahawai		Trevally (purse seine, Cape Reinga to East Cape)
Pacific oyster (farmed, NI)		Paua (lower SI)
Albacore tuna (longline)		Kingfish (set net)
Yellow-eyed mullet		Kina (diving)
Blue mackerel (purse seine, Cape Reinga to East Cape)		Blue cod (pots, east and south of SI)
Rock lobster (top of NI, Southland and Chatham)		Paddle crabs (baited pots)
Sprats		Ling (longline)
Garfish		Flatfish (dragnet NI east & west coast)
Grey mullet (NI east and south coast)		Grey mullet (west coast of NI)
Antarctic toothfish		Packhorse lobster
Salmon (farmed, marine, all areas except Canterbury)		Tarakihi (West Coast and top of SI)
Butterfish		Scallops (top of NI and east coast south to Tauranga)
Paua (all areas except lower SI)		Hoki (mid-water trawl)
Blue moki (set net)		John dory (SI)
Red gurnard (longline top half NI)		Moonfish
		Kingfish (longline)
Hoki (bottom trawl)		Striped marlin
Swordfish		Surf clams
Oyster (lower SI)		Ling (bottom trawl)
Kina (dredge)		Tarakihi (all areas excl. West Coast and top of SI)
Scallops (West Coast and top of SI)		Yellowfin tuna
Red snapper (longline)		Mako shark
Alfonsino (mid-water trawl)		Paddle crabs (West Coast and top of SI)
Leather jacket		Red gurnard (trawl)
Blue moki (trawl)		Hake
Queen scallops		Trumpeter
Rays bream		Sea perch (longline)
Arrow squid (trawl)		Southern blue whiting
Alfonsino (bottom trawl)		Southern bluefin tuna
Bigeye tuna		Whitebait
Elephantfish (set net)		Pacific bluefin tuna
Ribaldo (longline)		School shark
Red cod		Oyster (West Coast and top of SI)
Frostfish		Blue cod (trawl)
Stargazer		Trevally (trawl)
Blue shark		Flatfish – all other species
Blue warehou		Rig (set net)
Patagonian toothfish		Jack mackerel (trawl)
Elephantfish (trawl)		Silver warehou
Blue mackerel (trawl)		Snapper
Bluenose		White warehou
John dory (NI)		Scampi
Red snapper (trawl)		Porbeagle shark
Barracouta		Flatfish – turbot and brill
Rig (trawl)		Gemfish
Lookdown dory		Groper
Dark ghost shark		Shortfin eel
Longfin eel		Jack mackerel
Orange roughy (Chatham Rise and Challenger stocks)		Ribaldo (trawl)
Spiny dogfish		Rubyfish
Sea perch (trawl)		Skates
Oreos		Orange roughy (excl. Chatham Rise and Challenger stocks)
Pale ghost shark		
Black cardinal fish		
		

WORST CHOICE

Key

NI = North Island
SI = South Island

-  **Best choice**
"Great to eat"
-  **Good choice**
"Good to eat"
-  **OK choice**
"OK to eat"
-  **OK but some concerns choice**
"eat less of"
-  **Worst choice**
"Don't eat"



Download our free **Best Fish Guide 2017 app** and find out all you need to know about New Zealand's best sustainable seafood choices.

See www.bestfishguide.org.nz