

Best Fish Guide


Too many of our fish stocks are being fished to the brink of collapse. The challenge for the Government and the fishing industry is to make all of our fisheries environmentally sustainable. Your buying choices can help.


Forest & Bird's Best Fish Guide ranks the environmental sustainability of New Zealand's commercial fish species, to show at a glance how to make the best seafood choice for the environment.


To join us go to www.forestandbird.org.nz




FOREST
& BIRD

 You have the power through your buying choice to help protect New Zealand's unique marine environment and species.

 Your choice of seafood can help reduce the number of albatrosses, dolphins, sea lions and other marine life killed in commercial fisheries.

 Your purchasing decisions can avoid those fisheries that are depleted by over-fishing.

 By making better choices you can help prevent damage to the marine environment caused by harmful fishing methods.

Ask your fish retailer how their fish was caught. You can then choose to avoid the worst fishing methods.

Best – very low impact

Commercial collecting and diving

Jigging (squid)

Handlining

Trapping and potting

Fyke Nets

Trolling

Purse seining

Beach seining

Danish seining

Longlining

Gill netting (including set netting)

Middle-depth trawling

Bottom trawling/dredging

Worst - very high impact

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YOU CHOOSE



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Seafood rankings

These rankings are based on an assessment of information about and management of the stocks; the amount of habitat and ecological damage caused by the fishery; and levels of seabird, marine mammal and other bycatch.

Seafood names are those most commonly used. For alternative names of species and specific details about each fishery visit www.forestandbird.org.nz/bestfishguide

Best choice

Kina	Anchovy
Pilchards	Sprats
Blue mackerel	
Skipjack tuna	Garfish
Yellow-eyed mullet	Cockles
Kahawai	Rock lobster/Crayfish
Blue moki	Blue cod
Kingfish/Yellowtail	
Frostfish	John dory
Packhorse lobster/Crayfish	Grey mullet
Trevally	
Albacore tuna	Red Cod
Tarakihi	Bluenose
Paddle crabs	Silver warehou
Red gurnard	Paua
Butterfish/Greenbone	White warehou
Stargazer/Monkfish	
Groper/Hapuku/Bass	Scallops
Hake	Alfonsino
Black cardinalfish	Ribaldo
Trumpeter	Dark ghost shark/Pearl
Leatherjacket/Creamfish	Pale ghost shark/Pearl
Queen scallops	
Blue warehou	Skates
Ling	Eels
Elephantfish	Southern blue whiting
Barracouta	Oyster – Bluff/Nelson
Bigeye tuna	Yellowfin tuna
Rubyfish	Sea perch/Scarpee
Gemfish	
Red snapper*	Spiny dogfish
Jack mackerel	School shark/Tope/Flake
Arrow squid	Lookdown dory*
Moonfish*	Flatfish/Flounder/Sole/
Scampi	Brill/Turbot
Rig/lemonfish	Striped marlin*
Swordfish	Snapper
Hoki	
Blue shark*	Pacific bluefin tuna
Mako shark*	Porbeagle shark*
Oreos/Deepwater dory	Southern bluefin tuna
Orange roughy	

Worst choice

You can also ask how your fish was caught (see overleaf)

*New additions to the list

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