



New Zealand's fisheries are not as healthy as some claim. If you choose ecologically sustainable seafood you will help improve New Zealand's fishing practices and return our oceans to an abundance and health.

For more information on each fish species and the assessment processes used to produce the Best Fish Guide, go to: [www.bestfishguide.org.nz](http://www.bestfishguide.org.nz)

Forest & Bird is a not for profit organisation and New Zealand's leading independent conservation group.

## Questions to ask

Here are a few simple questions to ask your retailer to help you make the best seafood choice:

- **What species is it?**  
If they can't tell you what it is, don't buy it.
- **How was it caught?**  
Avoid fish caught using environmentally destructive methods such as bottom trawls, dredges and gill nets.
- **Where was it caught?**  
Choose locally caught fish and avoid deepwater species, which are often highly vulnerable to overfishing.

## Farmed fish

### Salmon and mussels

The Best Fish Guide assesses only wild fish caught in New Zealand's oceans. Salmon is farmed in sea cages and mussels are grown on ropes, so require a different type of assessment, which we are working on.

Farmed fish (salmon) generally has a more damaging impact on the marine environment than farmed molluscs (mussels, oysters). For more information on farmed fish and other fish choices, visit [www.bestfishguide.org.nz](http://www.bestfishguide.org.nz)

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Chlorine free sustainable card.

# Best Fish Guide 2009-2010



# Best Fish Guide

## 2009-2010



Our assessment combines the latest government and published information on the biology, status and management of fish stocks, habitat damage and ecological damage caused by fishing methods to seabirds, marine mammals, corals, sponges, turtles and other marine life.

Please use this guide to make a good choice for our oceans.

### Fish Choices – Ecological Rankings

#### Best choice



Anchovy	Pilchards
Sprats	Cockles
Garfish	Kina
Tuna (Skipjack)	Kahawai
Cod (Blue)	Mullet (Yellow-eyed)
Trevally	Lobster (Packhorse)
John dory	Gurnard (Red)
Lobster (Rock/Crayfish)	Mullet (Grey)
Kingfish	Moki (Blue)
Crabs (Paddle)	Cod (Red)
Tuna (Albacore)	Paua
Butterfish	Tarakihi
Creamfish / Leather jacket	Monkfish / Stargazer
Mackerel (Blue)	Whiting (Southern Blue)
Frostfish / Cutlassfish	Warehou (Silver)
Scallops (Queen)	Trumpeter (Striped)
Hake	Cod (Deepsea) / Ribaldo
Scallops (other)	Warehou (Blue)
Warehou (White)	Barracouta
Alfonsino	Hoki
Elephantfish	Shark (Dark ghost)
Ling	Groper / Hapuka
Gemfish	Dory (Lookdown)
Oyster	Shark (Pale ghost)
Snapper (Red)	Shark (Spiny dogfish)
Shark (School)	Eels
Flatfish	Tuna (Bigeye)
Swordfish	Tuna (Yellowfin)
Sea perch	Tuna (Pacific bluefin)
Scampi	Marlin (Striped)
Skates	Shark (Lemonfish/Rig)
Squid (Arrow)	Mackerel (Jack)
Bluenose	Shark (Blue)
Snapper	Shark (Mako)
Tuna (Southern bluefin)	Dory (Deepwater) / Oreos
Shark (Porbeagle)	Orange roughy



#### Worst choice