

## About This Guide

To help make informed choices about seafood easy, this guide uses a simple traffic light system that lists seafood in three groups. Below is an explanation of how seafood has been organized into each group.

**Best Choices** include species that:

- Produce lots of eggs
- Have a high rate of population increase
- Have healthy population numbers in the wild
- Grow fast & reach sexual maturity at an early age
- Have minimal associated environmental concerns

**NOTE: The tuna species recommended in this guide are considered a viable seafood choice around the Bay Islands.**

**Choices with Cautions** include species that have certain restrictions to consider such as:

### • Minimum Length Restrictions

**Lobster:** Tail length > 5.5in / 14cm - **Law**

**Barracuda:** 36in / 91cm - **Law**

### • Closed Seasons

**Lobster:** March to June - **Law**

**All Snappers:** February to Sept - **Recommended**

**Red / Rock Hind:** Dec to April - **Recommended**

**NOTE: Conch sold by restaurants must only be bought from legally registered processing companies.**

\*Minimum length restrictions ensure that juveniles are not caught and are allowed to reproduce.

\*Closed seasons ensure that species are not fished during spawning or migration events.

**Avoid Eating** includes species that:

- Have already been **overfished** and are listed as **vulnerable** or **endangered** (groupers and turtles)
- Are **illegal** to fish in Honduras (sharks)
- Are vital to the overall **health of the reef** (parrotfish and triggerfish)

## Guide Aims

The aim of this guide is to inform retailers, restaurants and consumers about how to make sustainable seafood choices. The recommendations in this guide are aimed at steering people away from seafood that is at risk from overfishing and the negative effects associated with it.

## Why be concerned about what seafood you choose?

Overexploitation of fish stocks is a major concern around the world, with many fish stocks in serious decline. Much of the seafood we like to eat around the Bay Islands is now affected by overfishing. In order to protect fish stocks its important to chose your seafood wisely.

## How can I help?

1. Order seafood from the **Best Choices** and **Choices with Cautions** lists.
2. Be aware of minimum sizes and closed seasons.
3. Do **NOT** order seafood from the **Avoid Eating** list.
4. Ask what type of fish you are ordering or buying and choose an alternative if its not clear.
5. Think globally but act locally! Small changes at a local level can have significant positive impacts on the environment.

Your efforts, no matter how small will help to start conserving fish stocks. Remember.....responsible choices **DO** make a difference for ocean life.

## For more information, please contact

### Roatan Marine Park

West End, Roatan, Bay Islands, Honduras, C.A.

[www.roatanmarinepark.com](http://www.roatanmarinepark.com) / [info@roatanmarinepark.net](mailto:info@roatanmarinepark.net)

### Utila Centre for Marine Ecology

<sup>1</sup>Utila Town, Utila, Bay Islands & <sup>2</sup>Edificio Florencia, Blvd Suyapa, Tegucigalpa, Honduras, C.A.

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# THE BAY ISLANDS RESPONSIBLE SEAFOOD GUIDE



## YOUR GUIDE TO MAKING INFORMED SEAFOOD CHOICES



# Best Choices

# Choices with Cautions

# Avoid Eating

**Tuna**  
(Skipjack, Blackfin & Little Tunny)



**Cero**



**Kingfish**



**Spanish Mackerel**



**Wahoo**



**Jack & Trevallies**



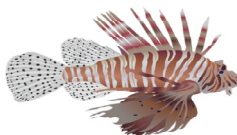
**Mahi Mahi**



**Yellowtail Snapper**



**Lionfish**



**Squid**



**Lobster**



**Conch**



**Barracuda**



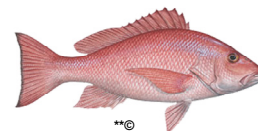
**Dog Snapper**



**Mutton Snapper**



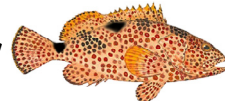
**Deepwater Snappers**  
(Black, Blackfin, Red, Queen, Yelloweye)



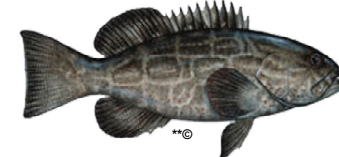
**Red Hind Grouper**



**Rock Hind Grouper**



**All Other Grouper**



**Reef Snappers**  
(Gray, Schoolmaster, Lane, Mahogany)



**Parrotfish**



**Shark**



**Triggerfish**



**Sea Turtle**

