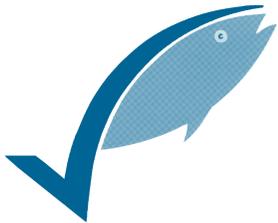


Your Best Fish Guide

1. Print this guide on to an A4 sheet of paper
2. Cut around the edge
3. Fold down the middle (length ways)
4. Fold along the colour panels (three folds)
5. Staple or tape the open edges
6. Put in your wallet
7. Consult the Best Fish Guide when you next purchase seafood!

<p>Starzager Alfoncino Stargazer Sea perch School shark Arrow squid Ling Scampi Hoki Spiny dogfish Snapper Rig/Lemonfish Flounders Lemon sole NZ sole Brill Turbot Oreos Jack mackerels Orange roughy</p>	<p>Stargazer Alfoncino Groper/Hapuku Bass Black cardinal fish Ribaldo Trumpeter Dark ghost shark Pale ghost shark Gemfish Hake Blue warehou Skates Eels Elephantfish Sthn blue whiting Barracouta Sthn bluefin tuna</p>	<p>Oyster (Dredge) Albacore tuna Frostfish John dory Paua Red gumard Red cod Tarakihi Paddle crabs Silver warehou Blunose NZ scallops Butterfish NZ queen scallops White warehou</p>	<p>Pilchards Anchovy Sprats Kina Blue moki Blue mackerel Grey mullet Trevally Garfish Yellow-eyed mullet Kahawai Blue cod Kingfish Rock lobster Packhorse lobster Cockles</p>	
<p>Red - Avoid</p>		<p>Amber - Caution</p>	<p>Green - Best Choice</p>	<p>A choice for our oceans</p>
<p>Best Fish Guide</p> <p>Using this guide will help to protect New Zealand's marine wildlife and wild places</p> <p>For more information about the Guide and the rankings visit forestandbird.org.nz</p>  <p>FOREST & BIRD</p> <p>June 2014</p>		<p>Pulling up our stocks</p> <p>Too many fish and shellfish populations are being fished to the brink of collapse in our waters.</p> <p>Your seafood choices will help tip the scales in favour of better managed commercial fisheries.</p> <p>They will also affect how many albatross, petrels, dolphins, sea lions and seals are killed in commercial fishing operations.</p> <p>Together we have the power to restore New Zealand's unique marine places and wildlife.</p> <p>Please do use the Best Fish Guide - make a choice for a healthy marine environment.</p> <p>Seafood rankings</p> <p>The rankings are based on an assessment of stock size, habitat damage, ecological impacts, amount of bycatch and degree of knowledge of the fishery.</p> <p>Green - Relatively well-managed, with low habitat damage, and/or bycatch.</p> <p>Amber - Concerns about the status of stocks, fishing methods, habitat damage, management, bycatch, and/or lack of knowledge.</p> <p>Red - Fishery has a lot of problems because it is overfished, poorly managed, has high bycatch, damages marine habitats, and/or there is a lack of knowledge.</p>		<p>Best Fish Guide</p> <p>When you buy seafood use this guide to make a difference for our oceans</p>  <p>Royal Forest and Bird Protection Society of New Zealand</p>

No fishery qualified

Forest and Bird has ranked New Zealand's commercial marine species from best choice (top left) to worst choice (bottom right). These rankings reflect the state of each fishery. The *Best Fish Guide* makes it easy to see at a glance which seafood to avoid and the challenge for the Government and fishing industry is to move all of our fisheries in to the green. You can help to make this happen by using this guide when you buy seafood.

Making a better choice for our oceans