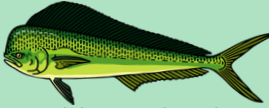

















SUSTAINABLE CHOICE

BEST CHOICE

These are the best seafood options to buy and eat in The Bahamas.




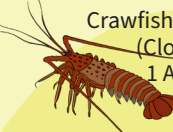








Pelagics

MODERATION MATTERS

GO SLOW

These seafood items are in decline; reduce consumption.




Groupers (Misc)

UNSUSTAINABLE CHOICE

AVOID

Critically endangered species or herbivores that play vital roles in the health of coral reefs.

Herbivores

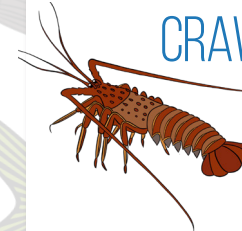
KEY SEAFOOD SPECIES & REGULATIONS

GROUPEL & ROCKFISH



- Nassau grouper CLOSED SEASON 1 December - 28 February
- Grouper and rockfish must weigh at least 3lbs
- Nassau grouper are Critically Endangered

CRAWFISH / SPINY LOBSTER



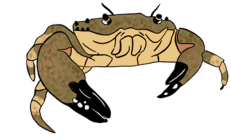
- CLOSED SEASON 1 April - 31 July
- Minimum tail length of 5½ inches
- Possession of egg bearing females and/or removing eggs is prohibited

QUEEN CONCH



- No closed season currently
- Must have a fully-formed flared lip
- We recommend only eating & buying conch with a shell lip-thickness of at least 15mm

STONE CRAB



- CLOSED SEASON 1 June - 15 October
- Minimum claw size of 4 inches
- Harvesting claws from an egg bearing female is illegal

