

Antigua & Barbuda

Sustainable Seafood Guide for Healthy Coral Reefs

CHOOSE

- Lionfish
- Mahi mahi
- Rainbow runner
- Yellowfin tuna
- Wahoo
- Spiny lobster
- Deep-water snapper (e.g., queen, goldeye)
- Yellowtail snapper
- Whelks

AVOID

- ✗ Imported seafood (e.g., salmon, shrimp/prawns)
- ✗ Grouper (esp. Nassau)
- ✗ Parrotfish ("chub")
- ✗ Surgeonfish, doctorfish, tangs

CHOOSE LOCAL



Imported seafood is difficult to trace and often comes from industrial and/or unsustainable fisheries. It also has a high carbon footprint due to shipping distances and refrigeration requirements. You may think all seafood on our menus is local given we are surrounded by ocean, but don't be fooled. Steer clear of imported species and enjoy the local seafood A&B has to offer!

...NOT IMPORTED

Industrial shrimp or prawn farming is one of the leading causes of global mangrove deforestation, destroying critical fish nursery habitats and increasing carbon emissions. Most wild-caught shrimp fisheries use nets that are dragged along the seafloor (bottom trawlers), catching 2-10 lbs of bycatch for every pound of shrimp. Skip the shrimp or support local aquaponics initiatives instead!

SKIP THE SHRIMP

CHOOSE LINE OR SPEAR CAUGHT

Hook-and-line fishing is highly selective, meaning there is very little bycatch. Spearfishing is also selective, but is often used to target important or over-exploited reef fish (see below). Non-selective methods such as net fishing or long-lining have high amounts of bycatch, which can include marine mammals, sharks, and sea turtles. Nets also damage corals and seagrasses when dragged over the seafloor.



...NOT NETS

CHOOSE PELAGICS

Many reef fish (e.g., parrotfish, surgeonfish) play important roles in keeping coral reefs healthy. Reef fish tend to be more heavily exploited because of their proximity to shore, and many (e.g., groupers) grow and reproduce extremely slowly. The best reef fish to put on your plate is lionfish - it is invasive in the Caribbean (and delicious!). Pelagic or open ocean fish such as mahi and yellowfin tuna are best choices because they have healthy stocks and reproduce quickly.

...AVOID REEF FISH



ENJOY EVERY PART



Local delicacies such as "fish water" (fish head soup) and fried roe (fish eggs) help reduce waste by utilizing fish parts that are often discarded. These dishes are not only delicious but also highly nutritious, as fish heads, bones and fat contain extremely high levels of omega-3 fatty acids, vit. A, iron, zinc and calcium.

...REDUCE WASTE



Elkhorn Marine Conservancy
Antigua, W.I.

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CHOOSE

Lionfish



Mahi mahi



Rainbow runner



Yellowfin tuna



Spiny lobster



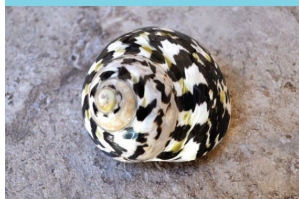
Wahoo



Snapper



Whelks



AVOID

Imported seafood



Parrotfish ("chub")



Surgeonfish, tangs



Grouper (esp. Nassau)



RESPECT CLOSED SEASONS

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

✗ Marine turtles

✗ Nassau grouper,
coney, hind

✗ Parrotfish

✗ Lobster

✗ Conch



**Elkhorn Marine
Conservancy**
Antigua, W.I.