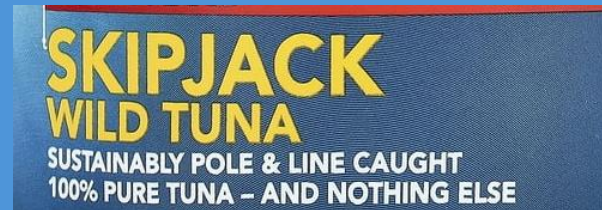


# Yes!

## Good Signs:

Skipjack Tuna are generally **safe** to eat because U.S. and International Regulations are sufficient to sustain their populations for generations to come at the current moment. They are a good alternative to Bluefin Tuna, which is often overfished.



## General Guidelines:

-Pole and Line Caught

-FAD-free

-FAD is a Fish Aggregating Device, used to attract schooling fish, they can be potentially damaging to the environment or cause high amounts of bycatch (catching fish that are not Skipjack Tuna)

-U.S. Hawaii-caught fish

-Maldives-caught fish

-**Avoid** Indian Ocean caught unless pole and line and FAD-free

-**Avoid** Tuna caught with purse seines and FADs unless from the Eastern Pacific Ocean



## **BAD** Signs:



Dolphin friendly doesn't really mean anything about the sustainability of the fishing methods used to catch tuna. When you see this label, you should also check for other labels or information mentioned above.

## **For more information:**

[NOAA Information Page: Skipjack Tuna](#)

[Seafood Watch Guide: Canned Tuna](#)

[Seafood Watch Guide: Skipjack Tuna](#)