

WhichFish.eu

WHICH FISH?



Promoting sustainable sea food consumption
and dissemination of best practice

Dr. Georgina Spyres, Head of Education



...the world's finest wilderness
lies beneath the waves...



Coral reefs are the nurseries of the oceans, they are biodiversity hot spots.
On some tropical coral reefs, there can be 1,000 species per m².

“The ocean is fundamental to life on earth covering nearly three quarters of our planet. It produces more than half the oxygen that we breathe. Yet our oceans are moving deeper into ecological crisis just at the moment when we need them more than ever.”

-Regional Director, WWF Africa



Today, fisheries provide >15% of the dietary intake of animal protein.

Consumption of fish has increased from 9kg of food fish per capita in 1961 to 20kg in 2015

MAPPING OCEAN WEALTH

Coastal communities receive multiple benefits from ocean habitats, such as coastal protection, fish production and tourism opportunities.

By valuing nature in decisions:

The private sector can invest in sustainable projects with long term benefits.

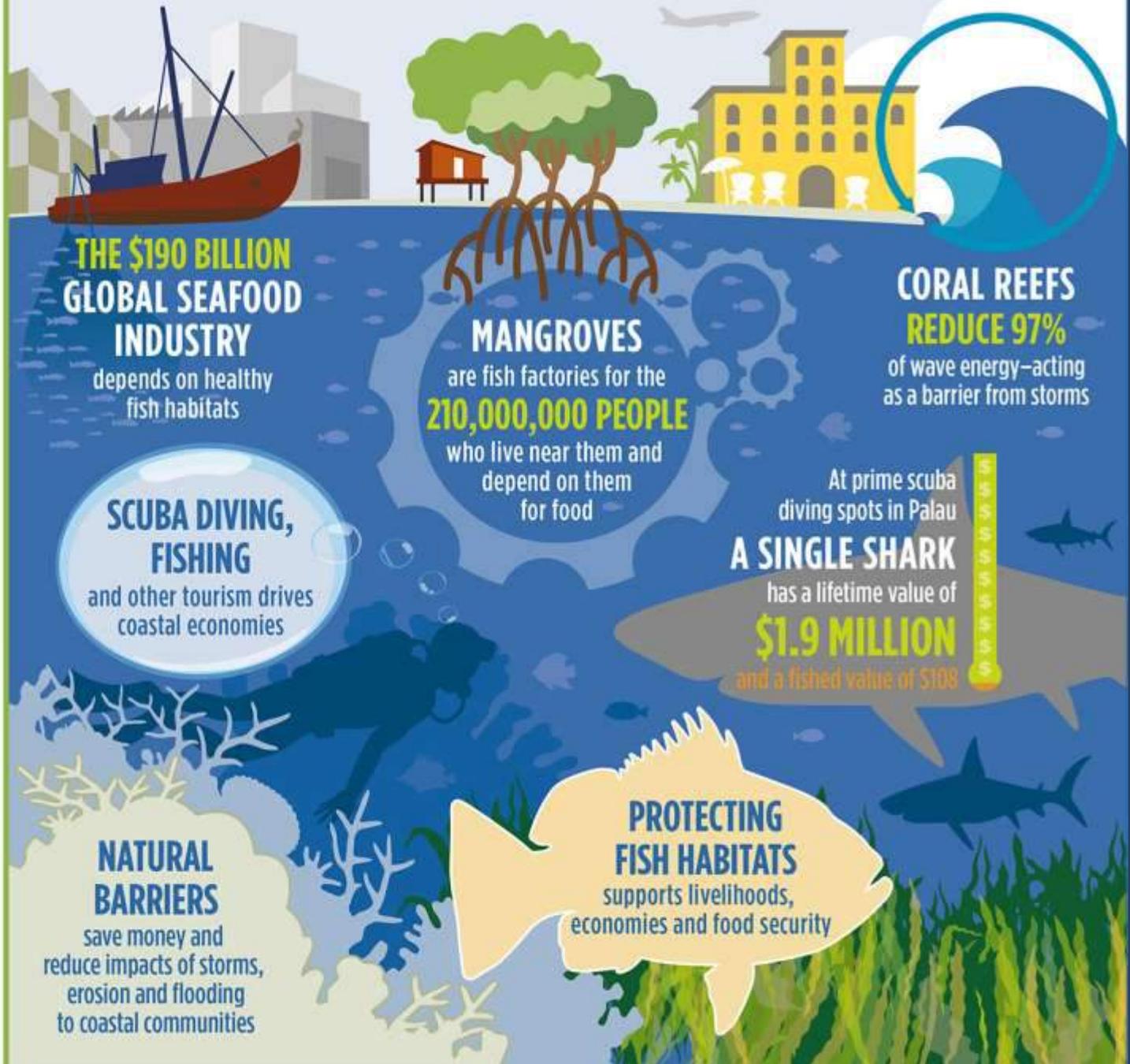
Engineers can incorporate natural solutions into coastal infrastructure projects.

Governments can develop ocean-use plans and better manage fisheries.

Development agencies can invest in nature to actively reduce poverty and increase our resilience to climate change.

Conservation groups can maximize the benefits from coastal restoration projects.

oceanwealth.org @ocean_wealth



MPAs: ~12% of the land area is protected, compared to roughly 1% of the world ocean and adjacent seas.



We focus on a few species placing pressure leading to imbalance in food webs.

Overfishing removes fish faster than stocks are replenished.

By the year 2100, without significant changes, more than half of the world's marine species may stand on the brink of extinction.

Commercial overexploitation of the world's fish stocks is severe, causing **up to 13 % of global fisheries to 'collapse.'**

HOW LONG DOES IT TAKE AN AREA TO RECOVER WHEN IT HAS BEEN SUBJECT TO EXCESSIVE FISHING?



3. Fish stocks identified by FAO as falling into its "worst" category, "depleted":

D: depleted | F-D: ranging from fully exploited to depleted | O-D: ranging from over exploited to depleted | U-D: ranging from unexploited to depleted

Northwest Atlantic (Area 21*):

Atlantic cod (D)
Haddock (D)

Northeast Atlantic (27):

Atlantic Cod (O-D)
Atlantic salmon (F-D)
Haddock (O-D)
Other cods, hakes, and haddocks (F-D)
Salmons, trouts, smelts, etc. (F-D)
Whiting (F-D)

Southwest Atlantic: (41)

Argentine Hake (O-D)

Western Atlantic (31,41):

Atlantic bluefin tuna

Indian Ocean (51,57,58):

Southern Bluefin Tuna

Pacific Ocean (61,67,71,77,81,87):

Southern Bluefin Tuna

Southeast Atlantic (47):

Geelbek Croaker (D)
Red steenbras (D)

Mediterranean/Black Sea (37)

Albacore (F-D)
Atlantic Bluefin Tuna (D)
Atlantic Bonito (F-D)
Azov Sea Sprat (D)
European Sprat (D)
Sardinellas (U-D)
Pontic Shad and other Shads (D)
Whiting (F-D)

Northeast Pacific (67)

North Pacific Hake (U-D)
Other shrimp, prawns, etc. (F-D)

Southeast Pacific (87):

Eastern Pacific Bonito (O-D)
South Pacific Hake (F-D)

Southern Ocean (48, 58, 88):

Antarctic Rockcods (D)
Blackfin Icefish (D)
Patagonian Toothfish (F-D)
Mackerel Icefish (D)

*See map previous page

“If we don’t manage this resource, we will be left with a diet of jellyfish and plankton stew.” Daniel Pauly

- 1. Eat LESS fish**
- 2. Purchase only with “sustainable” LABELS! Ask the restaurants.**



- 3. Use Fish GUIDES to purchase fish**
- 4. Spread the word with *#WhichFishCampaign***

A lot of people attack the sea,
I make love to it.”
– Jacques Yves Cousteau



Please choose only sustainable fish