



Taking action for a living planet

Ten tips to help our fisheires

As a consumer, making the right choice will help ensure your children enjoy the same variety of fish you do today.

1. Buy a variety of fish.
2. Don't buy immature fish.
3. Buy locally caught fish.
4. Find out how it was caught.
5. Support local management schemes.
6. Avoid "deep sea" species.
7. Avoid some farmed fish.
8. Reward good fish stock management.
9. Get to know your local fishmonger.
10. Keep informed: From recipes to environmental information

visit: www.wwf.org.uk/cymru

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For more information on fisheries and the environment you can also visit

Dept for Environment Food and Rural Affairs: www.defra.gov.uk

European Commission: www.europa.eu.int

Marine Stewardship Council: www.msc.org

Sea Fish Industry Authority: www.seafish.co.uk

South Wales Sea Fisheries Commission www.swsfc.org.uk

Bioamrywiaeth Cymru



Biodiversity Wales



MARINE CONSERVATION SOCIETY

There are always more fish in the sea...

so why not diversify your menu?

Many commercial fish species are now under threat due to a number of reasons such as overfishing and marine pollution. A UK Biodiversity Action Plan has been written to help protect some of the most vulnerable commercial fish stocks. One of the most influential ways you can help conserve these species is by providing consumers with more information and choice.



If you like to eat seafood, but are concerned about the impact this may have on stocks, marine wildlife and habitats then the information below taken from the Marine Conservation Society's Good Fish Guide (2nd Edition) will help you choose the most 'eco-friendly' fish.



This leaflet provides a summary of information taken from the Good Fish Guide published by the Marine Conservation Society. More information can be found on the website www.mcsuk.org. The 10 top tips are provided by WWF-Cymru.

The "TOP 20" Species to avoid, and suggested alternatives:

You should consider avoiding eating the "Top 20" species identified by Marine Conservation Society as species which are either:

- from overfished or unsustainably managed fisheries
- associated with high levels of bycatch of non-target species such as dolphins, sea turtles, birds or juvenile fish
- associated with methods of harvesting which cause excessive damage to the marine habitats.

Species	Reason	Alternatives
*Atlantic cod (from overfished stocks)	Species listed by World Conservation Union IUCN**. Some stocks close to collapse e.g. North Sea	Line caught fish from Icelandic waters
Atlantic salmon	Wild stocks reduced by 50% in last 20 years	Wild Pacific salmon. Responsibly and/or organically farmed salmon.
Chilean seabass (Patagonian toothfish)	Species threatened with extinction by illegal fishing, also high levels of seabird bycatch.	None
Dogfish/spurdog	Species listed by IUCN**	None
*European Hake	Species heavily overfished and now scarce	South African hake (M.capensis)
European seabass	Trawl fisheries target pre-spawning & spawning fish also high levels of cetacean by-catch	Line caught or farmed seabass
Grouper	Many species are listed by IUCN**	None
*Haddock (from overfished stocks)	Species listed by IUCN**	Line caught fish from North Sea, West of Scotland, Icelandic & Faroese waters
*Ling (molva spp)	Deep-water species and habitat vulnerable to impacts of exploitation & trawling	None
Marlin	Many species are listed by IUCN**	None
*Monkfish	Long-lived species vulnerable to exploitation. Mature females extremely rare	None
North Atlantic halibut	Species listed by IUCN**	Line caught Pacific species. Also farmed N Atlantic halibut.
*Orange roughy	Very long-lived species vulnerable to exploitation	None
Shark	Long-lived species vulnerable to exploitation	None
*Skates & rays (Rajidae spp)	Long-lived species vulnerable to exploitation	None
Snapper (Lutjanus spp)	Some species listed by IUCN**, others over-exploited locally	None
Sturgeon	Long-lived species vulnerable to exploitation. 5 out of 6 Caspian Sea species listed by IUCN**	None although this species is now farmed
Swordfish	Species listed by IUCN**	None
Tuna	All commercially fished species listed by IUCN except skipjack & yellowfin. However some stocks of these are over-fished	'Dolphin Friendly' (EII monitored) skipjack or yellowfin. Preferably pole & line caught.
Warm-water or tropical prawns	High by-catch levels and habitat destruction	Responsibly farmed prawns only

Stocks assessed by ICES (International Council for the Exploration of the Sea) as outside Safe Biological Limits i.e. the limits for fishing mortality rates and spawning stock biomass (the total weight of all sexually mature fish in a population) beyond which the fishery is unsustainable.

** IUCN - The World Conservation Union - listing for most species is Endangered. Southern bluefin tuna is assessed as Critically Endangered.

Species to eat with a clearer conscience recommended by the Good Fish Guide (found local to Pembrokeshire)

Species	Comments	Precautions	Seasonal Menu Avoid during the spawning season.
Brown crab	Although some stocks are overfished the method of capture - potting - is selective and restrictive licensing is proposed to improve management in coastal waters.	Avoid eating egg bearing or 'berried' females and undersized crabs. (less than 1 cm for males and 13 cm for females)	April – December
Clam	Stocks vulnerable to local over-exploitation.	Only eat clams harvested by sustainable methods i.e. tongs, rakes or hand-picking.	September – April
Cockle	Stocks vulnerable to local over-exploitation.	Only eat cockles harvested by sustainable methods i.e. tongs, rakes or hand-picking. Avoid shells smaller than 1.9 cm	September – April
Gurnard	Species characterised by fast growth rate and early sexual maturity at a large size.	Avoid eating immature fish (less than 22 cm).	July – February Avoid in summer.
Langoustine	Langoustine stocks are mostly inside safe biological limits e.g. North Sea.	Increase the sustainability of the fish you eat by choosing pot or creel caught langoustines rather than trawl caught. Look for MSC certified langoustine	April – November
Lobster	Although some stocks are overfished the method of capture - potting - is selective and restrictive licensing is proposed to improve management in coastal waters. Also 'ranching' to enhance stocks.	Avoid eating egg bearing or 'berried' females and undersized lobsters. (less than 23 cm)	April – November
Mackerel	Handline fishery in SW England certified by Marine Stewardship Council as an environmentally responsible fishery.	Avoid eating immature fish (less than 20 cm). Only eat line-caught fish.	All year Avoid March to July
Scallop	Scallop cultivation is widespread and regarded as a low-impact method of mariculture.	Avoid scallops that have been dredged. Choose dive-caught or cultivated ones only. Avoid small shells smaller than 11 cm male, 4 cm female.	September – March Avoid April-September
Seabass	Handline locally caught stock. High quality farmed bass is widely available.	To avoid issues associated with trawl fisheries i.e. discarding, by-catch etc. eat only line-caught fish above the length at which it matures i.e. 38 cms	August – March Avoid March- Mid June
Turbot	No information available on stock status. It is a highly valuable food fish and demand is high.	Avoid eating immature fish (Less than 35 cm)	April – February Avoid in spring and summer

Other species recommended by the Good Fish Guide. (Fishing methods or species are uncommon in Pembrokeshire) (also those listed as 'alternatives' in the "Top 20 to avoid" table).

Species	Comments	Precautions	Seasonal Menu Avoid during the spawning season.
Bream (black or sea bream)	No assessment of stocks but no evidence that the fishery in the English Channel is unsustainable.	Avoid eating immature fish less than at least 20 cms.	July – December (Black Bream) All year (Sea Bream) Avoid April to May.
Coley (Saithe)	Stocks in North Sea & waters west of Scotland are within safe biological limits.	To avoid issues associated with trawl fisheries i.e. discarding, by-catch etc. eat only line-caught fish above the length at which it matures i.e. 40-50 cms.	May – February
Gurnard	Species characterised by fast growth rate and early sexual maturity at a large size.	Avoid eating immature fish (less than 22 cm).	July – February Avoid in summer.
Herring	Stock levels rebuilt after collapse in 1970s to sustainable levels.	Be aware that depending upon fishing method some fisheries are associated with by-catch of marine mammals. Look for MSC certified herring. Avoid eating immature fish (less than 20 cm)	May- December
Mussel	Mussel cultivation is widespread and can be a low-impact method of mariculture.	Avoid mussels that have been dredged or intensively cultivated as this causes significant habitat degradation. Avoid small shells (less than 5 cm in length)	September – March
Oyster	Support cultivation of native oyster rather than portugeuse oysters this is regarded as a low-impact method of mariculture.	Avoid oysters that have been dredged. Native oyster not available during closed (spawning season) 14 th May – 4 th Aug. Avoid small shells (less than 5 cm diameter)	September – April Avoid May - August
Pollack	No information available on stock status as species not assessed.	Avoid eating immature fish (less than 30 cm).	May – September Avoid January to April
Pouting	No information available on stock status as species not assessed.	Avoid eating immature fish. (Less than 20 cm)	No information Avoid March to April
Red mullet	No information available on stock status as species not assessed.	Avoid eating immature fish. (less than 24 cm)	May – November Avoid in summer