

The Telegraph

Save the seas: eat small fry like sardines instead of tuna

Eating sardines and herring rather than cod and tuna could help save the oceans, a study suggests.



Stocks of smaller fish such as sardines have more than doubled Photo: LISA LINDER

By Richard Alleyne

7:00AM GMT 19 Feb 2011

Scientists have discovered the sea's ecosystem has been turned upside down by fishing in the last 100 years.

Whereas stocks of predatory large fish, such as cod, tuna and shark, had fallen by two thirds, the numbers of smaller fish such as sardines and anchovies had more than doubled.

The result is an imbalance which could lead to the complete decimation of ocean wildlife by 2050, they claim.

Professor Villy Christensen, of the University of British Columbia Fisheries Centre, said: "Overfishing has absolutely had a 'when the cat's away, the mice will play' effect on our oceans. By removing the large, predatory species from the ocean, small forage fish have been left to thrive. The ocean is now like the Serengeti without the lions."

He said one of the problems was that the food chain could break down. There have already been examples of "green soup" where oceans are overrun with plankton because there is not enough fish to eat it.

[Fishmongers' sales rise on Channel 4's Fish season \(http://www.telegraph.co.uk/finance/newsbysector/retailandconsumer/8267273/Fishmongers-sales-rise-on-Channel-4s-Fish-season-starring-Gordon-Ramsay-and-Jamie-Oliver.html\)](http://www.telegraph.co.uk/finance/newsbysector/retailandconsumer/8267273/Fishmongers-sales-rise-on-Channel-4s-Fish-season-starring-Gordon-Ramsay-and-Jamie-Oliver.html)

[Fish sales soar as celebrity chef campaign hits home \(http://www.telegraph.co.uk/finance/yourbusiness/8266434/Fish-sales-soar-as-celebrity-chef-campaign-hits-home.html\)](http://www.telegraph.co.uk/finance/yourbusiness/8266434/Fish-sales-soar-as-celebrity-chef-campaign-hits-home.html)