

# Chefs put small fish on menus

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In nature, most predators go after weaker individuals because they're easier to catch, says Mike McDermid, manager of the Vancouver Aquarium's Ocean Wise Program.

But as predators in the oceans, we North Americans go for the biggest, fastest, strongest of fish — the halibut, the salmon, the cod.

In fact, we've fished out the large-species cod. "When in some cases, predators have been restricted, the small fish thrive because they don't have the predator concentration," McDermid says.

All the more reason to start including smaller, bait fish in our diets — fish like sardines, anchovies, mackerel and herring. Daniel Pauly, of UBC's Fisheries Centre and the Sea Around Us Project, says small fish are under-utilized or wasted. Read about using small fish in Wednesday's Vancouver Sun.

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