



Albatross killed by long-line fishing
Seal seriously wounded by net



Wildlife at risk

Hundreds of thousands of marine animals die every year as a result of being accidentally caught in fishing nets. They include whales, dolphins, porpoises, sharks and endangered turtles. Long-line tuna fishing kills approximately 100,000 albatrosses every year. The birds dive for the bait planted on the end of the lines, swallow it, hook and all, and are pulled underwater and drowned. Animals also suffer horrific injuries when they become tangled in discarded nets.

Oceans on the brink of collapse

Over-fishing is causing populations such as cod to collapse. Fish are being caught before they have time to breed, giving numbers no time to recover. The seas are being stripped bare and the oceans are dying. Farming fish increases the problem because three to five tons of ocean-caught fish are needed to produce feed for one ton of farmed fish.

Environmental damage

Deep-water trawling nets plough through fragile coral reefs, devastating ocean floors. Fish farms also damage their surrounding environment. The pollution from fish farming in Scotland is comparable to sewage produced by 9.4 million people. In some places, the water surrounding the farm becomes so heavily contaminated that no life can survive.

Fish

The forgotten victims



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No welfare standards exist for the handling and killing of ocean-caught fish ... and farmed fish fare little better.

Is this the greatest animal welfare scandal of our time?





Fish feel pain and stress, as confirmed by the government's own farm animal advisory body (FAWC). It is impossible to know how many are killed at sea because such enormous numbers are caught. Millions more are slaughtered on fish farms.



Fish Farming

As many as 50,000 fish are crammed into underwater cages where they are forced to swim in endless circles. The water is filthy from their waste. Injuries occur due to collisions and aggression, and mortality rates are high. Sea lice flourish in these conditions, eating the fish alive. Their short, miserable existence ends when the conscious fish are killed by a variety of brutal methods. These include being clubbed, gassed and asphyxiated. Others have their gills cut and bleed to death. Some are gutted alive.



Look closely - gasping for air, eyeballs popped out

Ocean Fishing

Fish are dragged to their deaths in nets the size of football pitches by huge industrial trawlers. As they are hauled up from the deep, they undergo excruciating decompression, which can rupture their swimbladders, pop out their eyes and push their guts out through their mouths. On huge industrial ships, killing, gutting and processing are all automated.

You do not need to eat fish to be healthy

Vegetarians can meet their requirements for omega-3 fatty acids by consuming foods that contain alpha-linolenic acid. Rich sources include soybeans (including soya milk & tofu), walnuts, rapeseed oil, flaxseed & dark green vegetables such as spinach.

Professor Tom Sanders, Head of the Research Division of Nutritional Sciences - King's College London

Unhealthy

In an attempt to limit disease in the underwater cages, farmed fish are given vaccines, antibiotics and chemicals with known human health risks. Thirty per cent of the fat in fish can be saturated, contributing to obesity, heart disease and some cancers. The fats act like a sponge, soaking up toxins - including mercury and cancer-causing dioxins - from polluted oceans. That stench at the fish counter is the smell of the fats turning rancid.

Over his or her lifetime, the average meat eater will consume thousands of fish.

