

OVERFISHING UPDATE MEETING MAY 11TH 2017

TUNA

In a report published this month the magazine 60 Million Consumers has warned the French public about the dangers of eating certain canned tuna.

The group studied 15 popular brands of tuna including Petit Navire, Saupiquet, and Connétable, as well as those from retailers like Carrefour, Auchan, Leader Price, and Casino.

It found that while none of the tuna cans contained Bisphenol A (also known as BPA - a compound used to make plastic), there were plenty of other worrying “ingredients” inside France's tuna cans.

For example, all the brands tested contained the metals mercury, arsenic and cadmium - but all to different degrees.

The report suggested that if you're still going to be angling for tuna no matter the contents, [your best bet is Leader Price, due to having the lowest metal levels overall.](#)

Three tuna brands were singled out containing more than the regulatory amount of mercury, which is 1 mg per kg. These were Petit Navire, Capitaine Nat' and Odysée (from Intermarché).

When it came to arsenic levels, Capitaine Nat' clocked up 1.7mg per kg, a rate nearly six times as high as that from Carrefour's home brand.

But, unless you're pregnant, you shouldn't be overly concerned, said health expert Dr Alain Ducardonnet.

"Sure, there are traces of mercury in fish, but only in infinitesimal quantities," he told BFMTV, adding that the metal plays a part in the functioning of cells and enzymes.

He added, however, that it could be harmful to the brain development of unborn children, the channel reported.

"Pregnant women should eat fish in limited quantities," he said.

Besides potentially dangerous metals, the study also found that France's tuna cans contained some unsavory products, three of the brands containing traces of tuna heart.

Five of the products had a notable amount of bones inside, and tuna from the brand Cora even contained traces of the fish's reproductive egg cells.

The magazine was quick to note that the codes of practice don't actually

prohibit other parts of a fish (besides fillets) being inside the tin, but added that these were "unappetizing ingredients" to say the least.

SEA BASS

The International Council for the Exploration of the Sea (ICES) has recently confirmed that the wild bass population has slipped to dangerously low levels in UK and European waters and have recommended a complete fishing ban in 2017. Wild sea bass numbers have halved in just five years. This in turn could lead to Sea bass being off the menu in British and European restaurants. The European Union imposed a ban in February and March of this year to allow fish to spawn, but it has not prevented continued declines.

Sea bass are vulnerable to overfishing because it can take up to seven years to mature and they do not spawn before they are fully grown.

Needless to say, that fisherman said the warnings are alarmist and claimed new evidence will show that stocks have recovered in recent months.

Samuel Stone, Fisheries and Aquaculture Programme Co-ordinator, at the Marine Conservation Society (MCS) said: "The fishing industry has fought hard to play down the seriousness of the situation.

"In 2014, scientists recommended an 80 per cent reduction in bass catches, and whilst large reductions have been made, the resulting reductions have been more like 50 per cent.

"Even then there is huge uncertainty in the actual catch figures for bass as it's known to be illegally caught and sold in the UK and there is a large recreational catch."

The MCS Good Fish Guide currently advises diners and businesses to avoid buying wild sea bass until stocks have recovered. There are no restrictions on farmed sea bass.

Scientists say that even if a zero catch was implemented next year – something they predict will not be achieved - the population would likely still be near or below critical levels in 2018.

Malcolm Gilbert, of the Cornish Federation of Sea Anglers, said that any ban must be total.

"If moratorium means a total cessation for everybody and nobody can keep bass then, whilst disappointing, we must accept it," he said.

"We should never have allowed the situation to get to this point, but we are where we are. But if they make it illegal for us and allow commercial fishing that would be unacceptable."

MR. GOODFISH

Following on from our meeting with Claudia Batthyany of the Fairmont Hotel here in Monaco to discuss their involvement in the Mr. Goodfish campaign we have since learnt that on April 1st Stars and Bars joined forces with the Prince Albert 11 Foundation to promote the responsible consumption of seafood products by signing the Mr. Goodfish charter. As you already know the goal of the Mr. Goodfish initiative, created in 2010, is to offer an alternative to consumers by encouraging them to try new species selected from a list established by the Mr. Goodfish campaign.

As we know too many fish species are currently overfished and threatened with extinction while there are actually lots of other types of sustainable fish that are not widely known but are abundant and delicious.

In signing the charter Stars and Bars has pledged to tailor its fish purchasing requirements and menus to also showcase its commitment to sustainable fishing by means of a message on their menu.

REJOIGNEZ NOUS SUR

Du 20 mars 2017 au 20 juin 2017

Les recommandations de Mr. Goodfish pour le printemps 2017

OK **NON**

Espèces communes à la façade Atlantique Nord Est :

- Aronde de mer
- Coquille St Jacques
- Langue Bleue
- Morue
- Sole
- Algaie de mer
- Coquille St Jacques
- Langue Bleue
- Morue
- Sole
- Berlingot de Mer
- Homard
- Maquereau
- Pilchard
- Ricane

Façade Manche / Mer du Nord :

- Bulet
- Congre
- Grandin Caronard
- Picote Roussarde
- Vieil
- Calmar / Encornet
- Coque commune
- Haring
- Rale bouclée
- Crevette grise
- Flet
- Moule
- Saint-Pierre

Façade Bretagne / Atlantique :

- Algaie Noire
- Haricot de mer
- Langoustine
- Bar label «bio»
- Gambas de Charente
- Malgre label «bio»
- Ormeau
- Truite label «bio»
- Drac
- Kombu royal
- Palaourde
- Sèche
- Crabette label «bio»
- Moule creuse
- Moule
- Palaourde japonaise
- Truite label «bio»
- Gerchoff de Roche
- Laitue de mer
- Sabre noir
- Dorade royale label «bio»
- Moule plate
- Moule Méditerranéenne
- Saumon de l'Atlantique Label «bio»

Espèces pêchées en Méditerranée :

- Bogue
- Calmar
- Grandin Perlon
- Maquereau espagnol
- Mulet porc
- Dorade rose
- Serran
- Cherchard à queue jaune
- Courtyu
- Grandin lyre
- Marlin
- Mulet sauteur
- Sor d tête
- Sole commune
- Congre
- Dorade royale
- Loup
- Mulet Cabot
- Pageot acorné
- Serran Cabrillo

QR Code

BON POUR LA MER

BON POUR VOUS

world ocean network

Nausicaé

The fish recommendations for the Spring season

Alternative fish are:

Cod substitutes: *Haddock, Pollack, Black Cod, Stripped Bass, Hake, Mahi*

Mahi, Grouper

Salmon substitutes: *Arctic Char, Ocean Trout, Amber Jack, Mackerel, Wahoo, Striped Bass, Milkfish, Bluefish*

Tuna substitutes: *Swordfish, Salmon Steaks*

Tilapia substitutes – Fresh water

Whiting, Roughy, Trout, Catfish, Bream, Mullet, Dory, Perch, Snapper, Lake Trout, Pike, Sole, Turbot, Branzino, Dorade, Porgy

Anchovy substitutes

Smelt, Sardine, Herring, Jack Mackerel



Mr Goodfish is represented by a blue logo on the labels of fish stalls and restaurant menus. The logo has also appeared in some school canteens and restaurants chains, and should also soon appear in supermarkets. A poster is updated each quarter which it suggests should be consulted prior purchasing fish. Mr Goodfish also offers educational kits to educate the you

Caroline Caeseley, TAF overfishing Group