



What You Can Do

Fish are intelligent animals who feel pain, just as humans do. Eating fish flesh is bad for our health and supports cruelty to animals. By leaving fish off your plate, you'll be doing your part to end their suffering.

- Visit FishingHurts.com

to learn more fascinating fish facts, discover delicious fish-free recipes and find out what else you can do to help fish.

- Call 020 7357 9229 or visit PETA.org.uk to order a free vegetarian/vegan starter kit.



If You Wouldn't Eat Your Dog ...

"I wouldn't deliberately eat a grouper any more than I'd eat a cocker spaniel. They're so good-natured, so curious. You know, fish are sensitive, they have personalities, they hurt when they're wounded."

— Dr Sylvia Earle,
world-renowned marine biologist

Top 5 Reasons Not to Eat Fish



1. Fishing Hurts!

Bottom trawlers drag fish – along with unintended victims such as dolphins, birds and turtles – to the surface in huge nets. Fish who are pulled from the ocean's depths undergo excruciating decompression; the intense internal pressure often ruptures their swim bladders, pops out their eyes and forces their oesophagi and stomachs out through their mouths. Then they're tossed on deck, where many of them slowly suffocate or are crushed to death. Others are still alive when their throats and bellies are cut open. Factory-farmed fish are subjected to extreme crowding and filthy, unnatural conditions, which can spread disease and parasites. Fish farmers lace feed with powerful chemicals and antibiotics to help fish survive, and drugs are used to accelerate growth and change reproductive behaviour.

Fish also suffer tremendously when caught by anglers. After their sensitive mouths and throats are impaled with one or more large hooks, fish are hoisted out of their natural environment, and the hooks are ripped out. Those who are thrown back suffer potentially fatal internal

injuries, exhaustion and loss of their protective outer coating. Studies show that up to 43 per cent of fish die when they are caught and released.

Fishing doesn't just hurt fish. Every year, countless birds and mammals suffer and die as a result of injuries caused by lost and discarded fishing hooks, monofilament line and lead weights.

2. Eating Fish Is Unhealthy

Fish often live in water so polluted that you would never dream of drinking it. They absorb this toxic brew of bacteria, contaminants and heavy metals and pass it along to people who ingest their flesh. Seafood is the sole source of toxic mercury in the human diet; doctors have found that symptoms including hair loss, fatigue, depression, difficulty concentrating and headaches improve or disappear when patients stop eating fish.

3. Fishing Is Bad for the Environment

Bottom trawlers, commonly used in commercial fishing, drag nets larger than football pitches along thousands of miles of ocean floor. These nets

scrape the ground clear of coral, ocean plants and all the fish and marine animals in their path. Trawling and other aggressive commercial-fishing practices are wiping out entire underwater ecosystems and pushing our oceans to the brink of environmental collapse. Commercial fishing has devastated the sea's ecosystem to the extent that large fish populations are estimated to be only 10 per cent of what they were in the 1950s.

4. Fish Are Smart and Sensitive

Fish enjoy companionship and develop relationships with each other. They even show affection by gently rubbing against each other. Fish have individual personalities; they communicate with each other, form bonds and grieve when their companions die. They are even capable of remembering past social interactions that they have had with other fish.

5. If You Wouldn't Eat Your Dog ...

All animals deserve protection from abuse regardless of whether they have fur or fins and whether they are cats or catfish.



**Cambridge University
emeritus professor of
animal welfare
Dr Donald Broom says,**

"The scientific literature is quite clear. Anatomically, physiologically and biologically, the pain system in fish is virtually the same as in birds and mammals".

