



Every year, more than 1 trillion fish are fished worldwide.

By consuming fish, we're condemning them to a horrible death, following a life which is often miserable.

Just in France, tens of millions of fish and other aquatic animals are killed every day.

By what right do we take their lives?

SOME NUMBERS:

1.069
trillion

Number of terrestrial animals killed for food every year worldwide: 69 billion

Number of marine animals (crustaceans not included) killed for food every year worldwide: 1 trillion

65
minutes
of agony

Evisceration without anesthesia: 25 to 65 minutes

250
minutes
of agony

Asphyxiation without evisceration: 55 to 250 minutes

Percentage of individuals still conscious at the arrival at the harbor:

Turbots and dogfish = 100%

Cod = 96%

Whiting = 91%

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BECAUSE L214 SUPPORTS YOU

A plant-based diet offers a huge variety of delicious and healthy foods, and meat, dairy and egg alternatives are becoming more and more abundant and ubiquitous. **L214 supports the dietary transition through their Vegan Pratique and VegOresto websites!**

OMEGA 3

Rapeseed, flax and walnut oils, walnuts and ground flax seeds... there are many safe plant-based sources of omega-3s, so no need to consume fish to get them!

PHOSPHORUS

Pumpkin, flax and sunflower seeds, sprouted wheat grains, brewer's yeast (to sprinkle on salads), Brazil and pine nuts, tahini (sesame cream)... plants are excellent sources of phosphorus as well.



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WHY REFUSE TO EAT FISH ?



1 BECAUSE FISH ARE SENTIENT BEINGS

How hard it is to realize that fish are sentient beings! They are so different from us: they live in the water and don't have facial expressions nor screams audible to the human ear. Hence, we don't feel much empathy towards them and we readily imagine that they act on instinct.

Nonetheless, recent scientific findings indicate that fish and other aquatic animals we often consume are sentient and intelligent and they have long-term memory. Every fish has their own personality and individually recognizes all their close ones. Octopuses have impressive memorization and learning capacities as well.

2 BECAUSE THEY FEEL PAIN

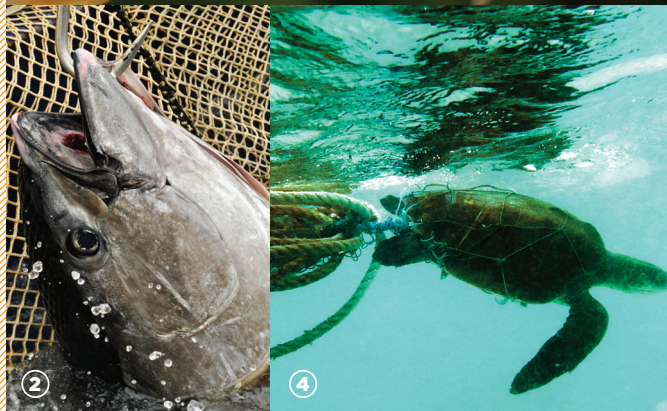
"It's baffling. Some people, say 'I'm vegetarian, I only eat fish, not meat.' I imagine an offended fish: 'What do you mean? I'm also made of meat! I have muscles, a heart, a brain.' We tend to perceive fish only as food."

Sylvia Earle, biologist, oceanographer and explorer.

It's been **scientifically proven** that fish feel pain, like lobsters, octopuses, crabs, shrimps... **At either small or industrial scale, "sustainable" or in fish farms, the fish industry always imposes a long and painful agony on animals, lasting up to more than 4 hours.**

3 BECAUSE FISHING DESTROYS THE OCEAN FLOOR

Fished up to more than 1 000 meters deep, **marine animals don't have any way of escaping modern fishing techniques, more and more destructive everyday.** Since oceans in the Northern Hemisphere are being depleted of fish, some European factory ships are already fishing in further seas, most notably in waters off the coast of several African countries.



"We don't see what's on the ocean floor, but the damage caused is unprecedented and it's much more severe than what we find in terrestrial ecosystems. [Marine ecosystems exploitation is equivalent to] deforestation practically multiplied by 100. (...) When trawling ships arrive at the shore and release their nets, environmental destruction is almost immediate."

Nicolas Mouquet, ecologist and researcher at the French CNRS (Le Monde, 2016).

4 BECAUSE FISHING MASSACRES MARINE ANIMALS

In addition to the expected catch, many of the animals caught belong to species that aren't a target or are too young; they're then thrown back into the ocean, usually already dead or agonizing. It's what's called **bycatch**. In some shrimp trawling ships, discarded animals can amount up to 90% of the catch. **"Ghost fishing"** is hugely damaging as well: when a net is lost or abandoned, it keeps capturing and killing animals for months or years on end.

Besides that, **fish farming** imposes extremely high density on animals, and is a source of stress, illnesses, wounds... Moreover, it further increases the number of victims of fishing, since farmed fish are often fed with small wild fish.

Public spending sustains the excessive structural capacity of the fishing fleet. According to the French Court of Auditors' report on fishing subsidies in France, subsidies represent about half of all income for fishermen.

5 BECAUSE WE HAVE ALTERNATIVES AT OUR DISPOSAL!

Eating fish or other aquatic animals isn't in any way necessary from the nutritional standpoint: we can get omega-3s, protein and all other essential nutrients for good health from a balanced plant-based diet. With algae we can **rediscover iodized flavors**.

Nori, kombu, wakame... their multiple varieties offer an assortment of tastes and textures useful for different purposes: makis, tartars, etc. Plant-based alternatives in the form of "breaded fish" exist as well, being a treat for both young and old.