

Orange Roughy



Quick Fact: Overfishing

Fishermen catch orange roughy when the fish gather to breed and feed, wiping out entire generations at a time.

Monterey Bay Aquarium Seafood Watch

Make Choices for Healthy Oceans

Issues

- ▶ Orange roughy may live 100 years or more and don't breed until they're at least 20 years old. Years of heavy fishing have decimated their populations, which may take decades to recover.
- ▶ Fishermen catch orange roughy with bottom-trawling gear, which involves dragging large nets across the seafloor. Trawling damages undersea habitats and accidentally catches other marine animals that are dumped overboard as bycatch.

Location

- ▶ Orange roughy is caught off New Zealand, Australia and Namibia in Africa, as well as in the northeast Atlantic Ocean.

Other Common Names

- ▶ Deep sea perch
Emperor fish
Rosy soldierfish
White roughy

Menu Alternatives

- ▶ Pacific halibut and tilapia are your best choices.
- ▶ Pacific sole and summer flounder or fluke are good alternatives.

© 2005 Monterey Bay Aquarium Foundation. All rights reserved. Printed on recycled paper.

www.seafoodwatch.org