



The role of Aquaculture in restoring global fish stocks

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With increasing world population, finding sustainable sources of protein to feed the world is becoming increasingly urgent. Many wild fish stock species are being rapidly depleted, animal husbandry is increasingly under pressure for its environmental impact, and rainforests are disappearing at an alarming rate to enable expansion of agriculture. So how can we make the right choices for ourselves and for our planet?

[Health experts](#) recommend eating more fish to reduce risk of certain diseases. But is there a way to eat more fish responsibly? Alex and Daria Blackwell take a close look at aquaculture and conclude that it's potentially the most sustainable protein source available. And replacing fish caught in the wild with farmed seafood could let entire ecosystems recover. Eating more farmed seafood, living healthier and saving the oceans' biodiversity sounds like a winning proposition all around.

Learn more about aquaculture and how different foods compare in terms of nutrition and environmental impact on the [OCC website](#).

