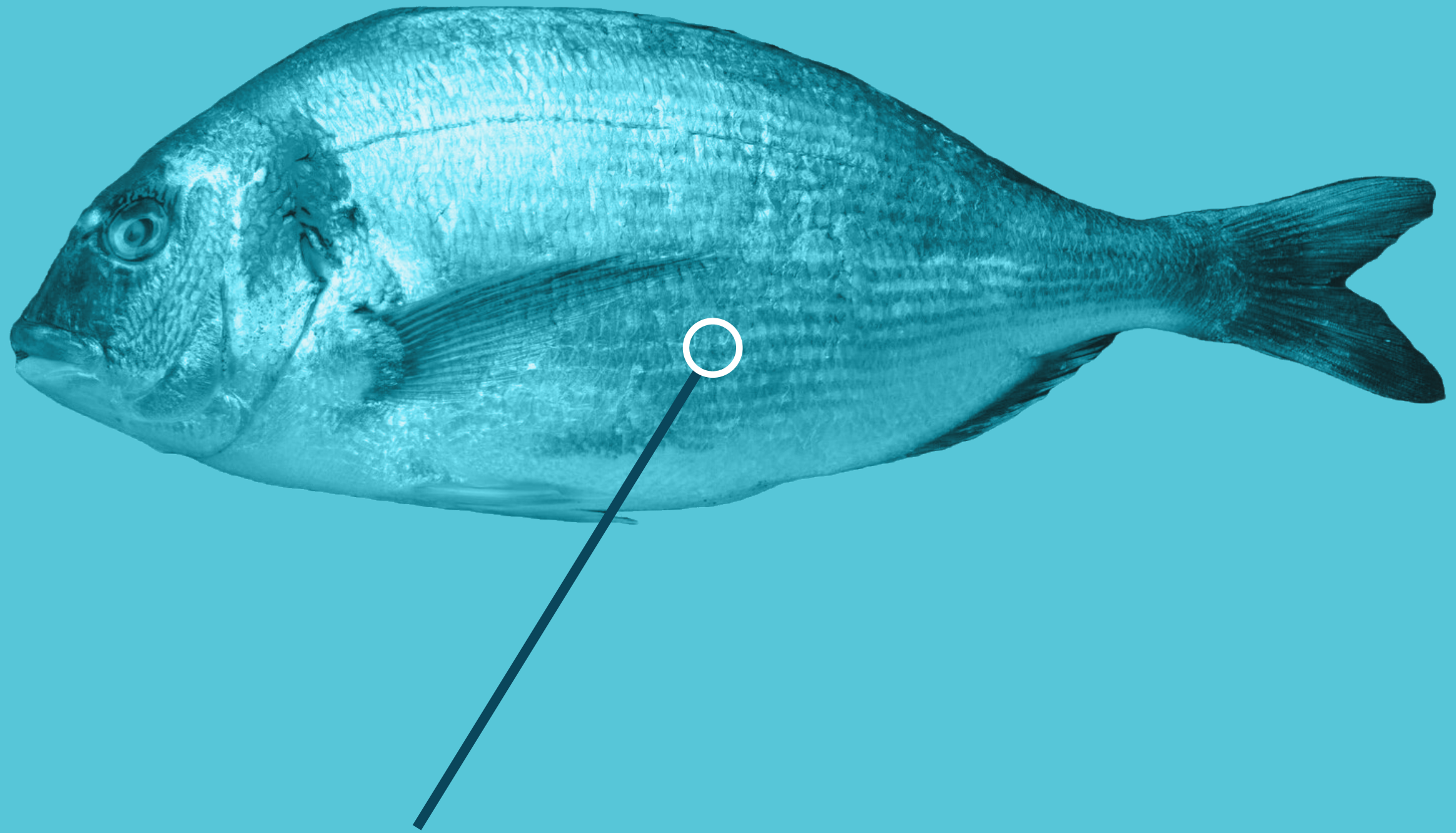


The *Species* of SEA2SEE



Gilthead seabream

Sparus aurata



The gilthead seabream is the only sparid species that is farmed.

Fishing

Sparids are hermaphroditic animals. Like about 10% of fish, they change sex during their lifetime.

The common bream (grey mullet) becomes male after starting life as female. The opposite mutation occurs in the pink bream and gilthead seabream.

This biological characteristic makes the species very sensitive to changes in the distribution of age and size classes, particularly due to fishing.

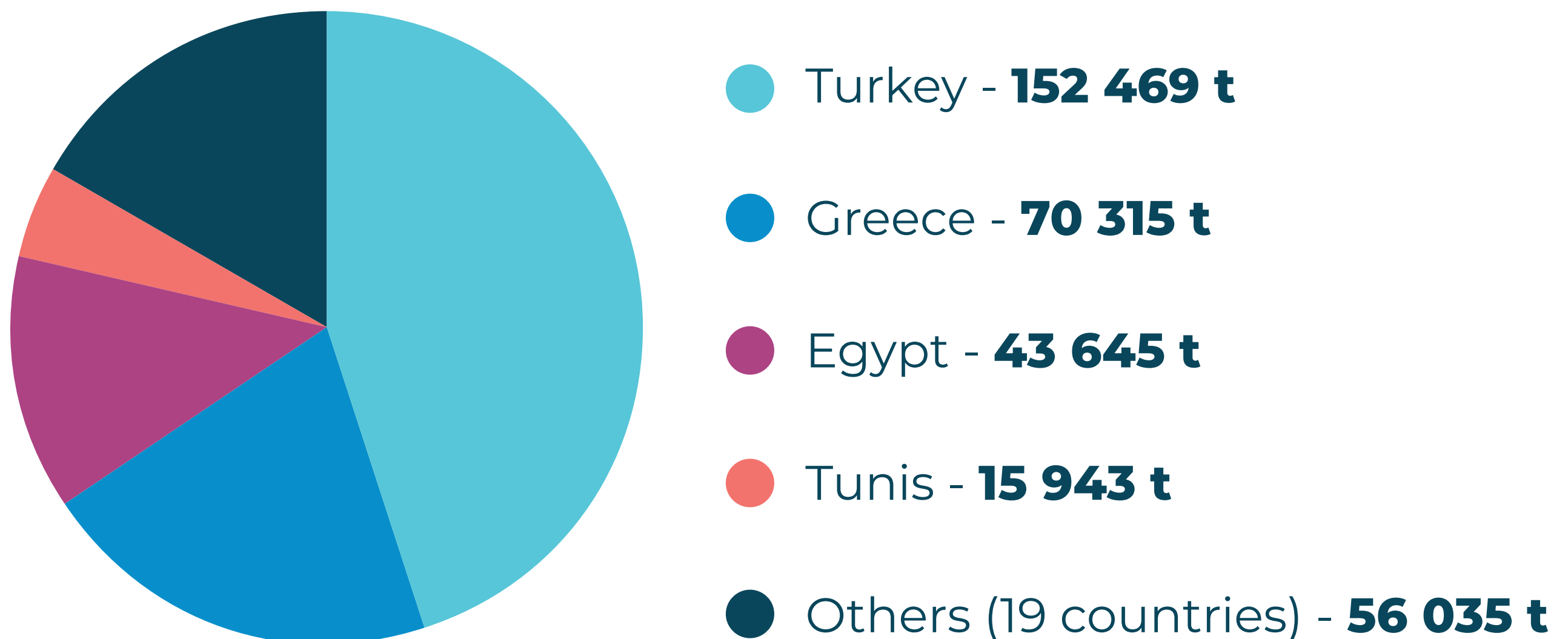
Maintaining the different age classes, ensures balanced presence of both sexes in the stocks - essential for their sustainability.

The status of wild stocks is unknown due to lack of scientific monitoring.

Farming

- **Gilthead seabream** farming began in the **1990s** and has significantly expanded, reaching **344,394 tons** globally in **2022** (including **105,451 tons** in Europe).
- **Farmed seabream** production far exceeds that of wild catch (**10,526 tons**).
- World main producers are **Turkey** and **Greece**, with **152,469** and **70,315 tons** respectively.

Main farmed sea bream producing countries in 2022 (in tons):



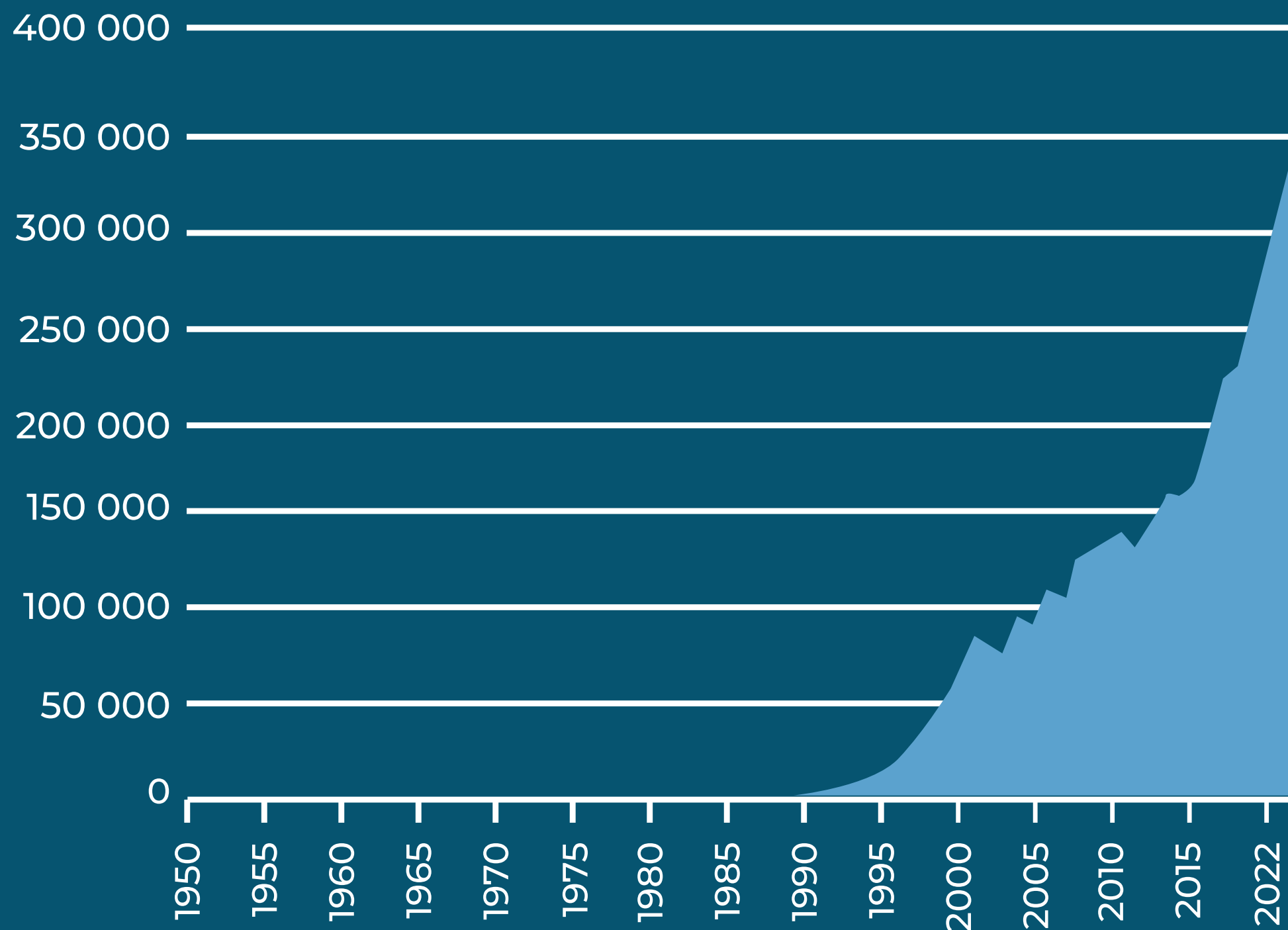
Source: FAO 2024

Most often raised in land-based ponds or in **floating cages at sea**. Larvae are reared in semi-intensive ponds, where they are fed zooplankton for about two months. They are then transferred to more **intensive farming systems**, where they are fed primarily fishmeal and fish oil. It takes about one to one and a half years to produce gilthead seabream to reach a portion size of **350 to 400 grams**.



Frequently farmed together with **European seabass** (*Dicentrarchus labrax*). They account for **18%** of the **EU's aquaculture production value** (including shellfish).

World production of farmed gilthead sea bream (in tons):



Source: FAO 2024

Consumption recommendations

WILD SEABREAM & WILD SPARIDS:

- **Consume in moderation**, due to lack of information on stocks status.
- Favor individuals **larger** than their sexual maturity size.
- **Choose large fillets** from mature individuals that have had time to reproduce.
- **Prefer** fish caught by **line or rod**.

FARMED GILTHEAD SEA BREAM:

- **Check farming conditions** before purchasing.

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