

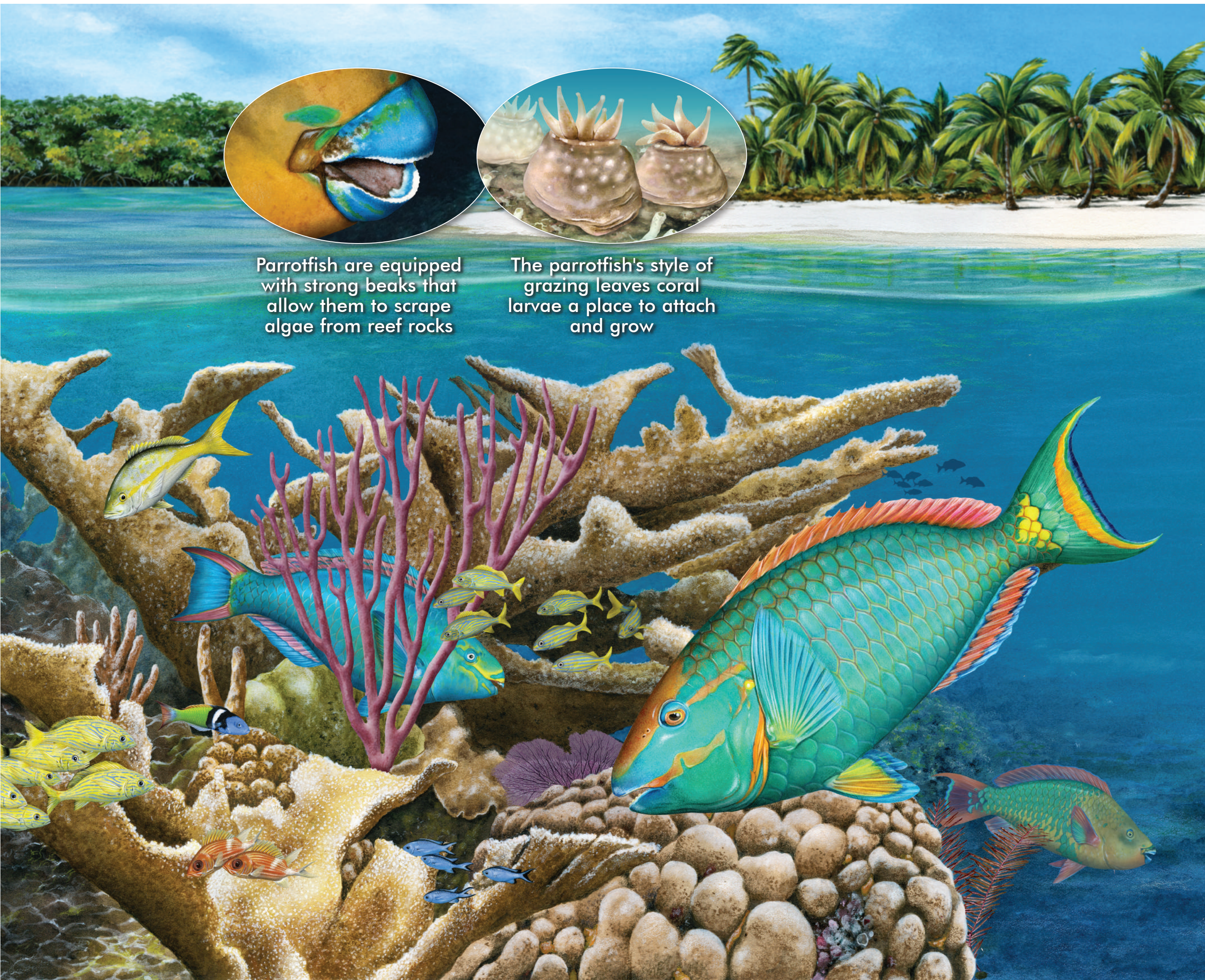
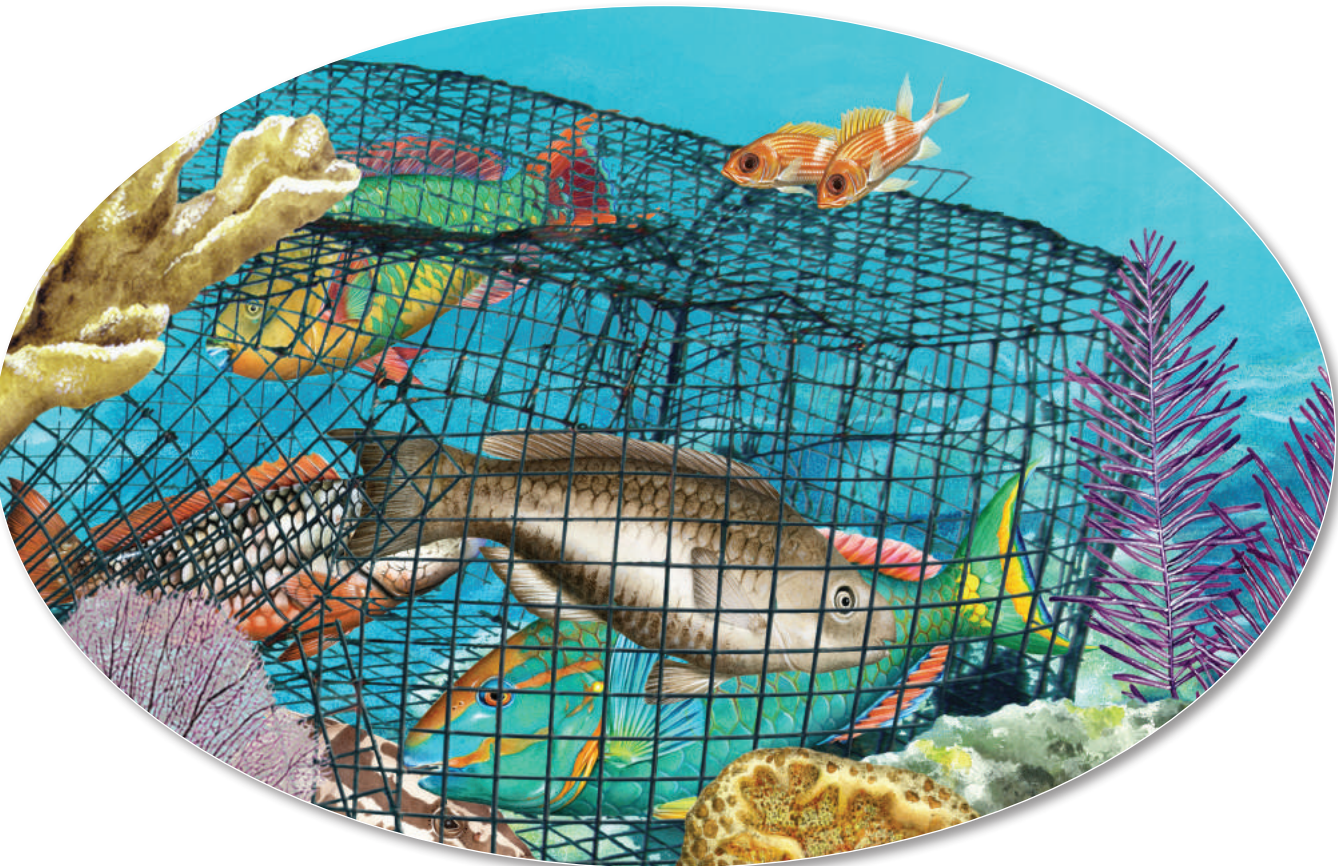
Parrotfish are Good for Our Coral Reefs

Grazing parrotfish promote healthy reefs, which protect our coasts, support our economy, and provide us food. Help parrotfish and our reefs by fishing and consuming responsibly.



Your Good Habits Can Save Our Parrotfish

- Parrotfish are too valuable to spearfish.**
Instead, target sustainable food fish like jacks and grunts.
- If you accidentally catch a parrotfish, put it back!**
- Protect mangroves and seagrass beds.**
Mangroves and seagrasses are parrotfish nursery habitats.
- Choose sustainable seafood while shopping and eating out.**
There are many good choices at the Seafood Watch app and website.
- Don't leave your gear behind.**
Properly dispose of old lines and traps, which can continue to entangle and kill sea life.



Parrotfish are equipped with strong beaks that allow them to scrape algae from reef rocks

The parrotfish's style of grazing leaves coral larvae a place to attach and grow

Protect our Parrotfish

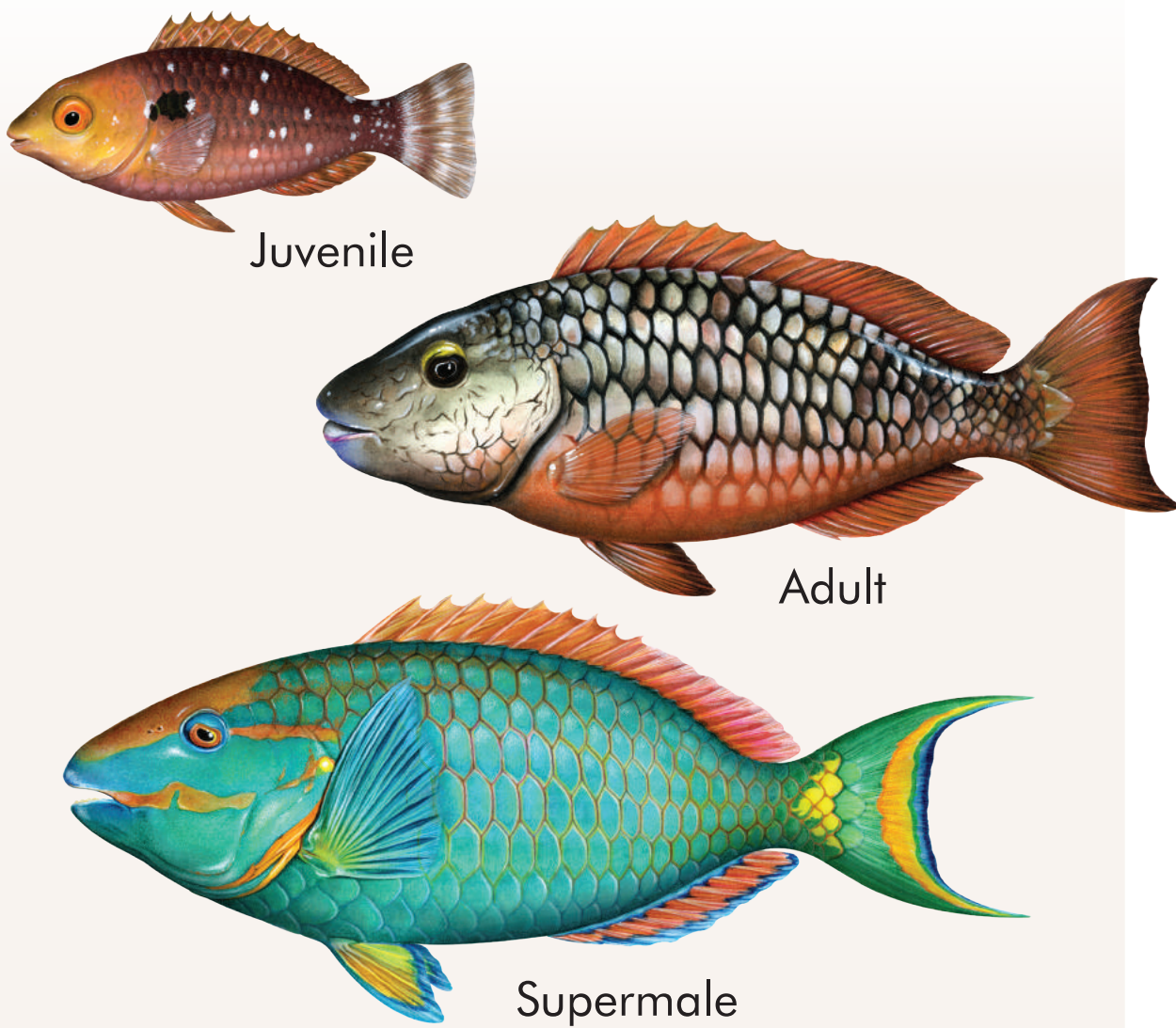
Why Protect Parrotfish?

Each type of fish on the reef has a specific job to do. Parrotfish help keep the reef clean by feeding on algae. This ensures that corals are not smothered by seaweed, and that open spaces are left for new coral larvae to settle. In this way, parrotfish help coral reefs to grow, providing more habitat for numerous other fish and invertebrates. As they graze, parrotfish also consume rock and dead coral, which is ground down in their gut and excreted as sand. A large parrotfish can produce hundreds of pounds of sand per year!

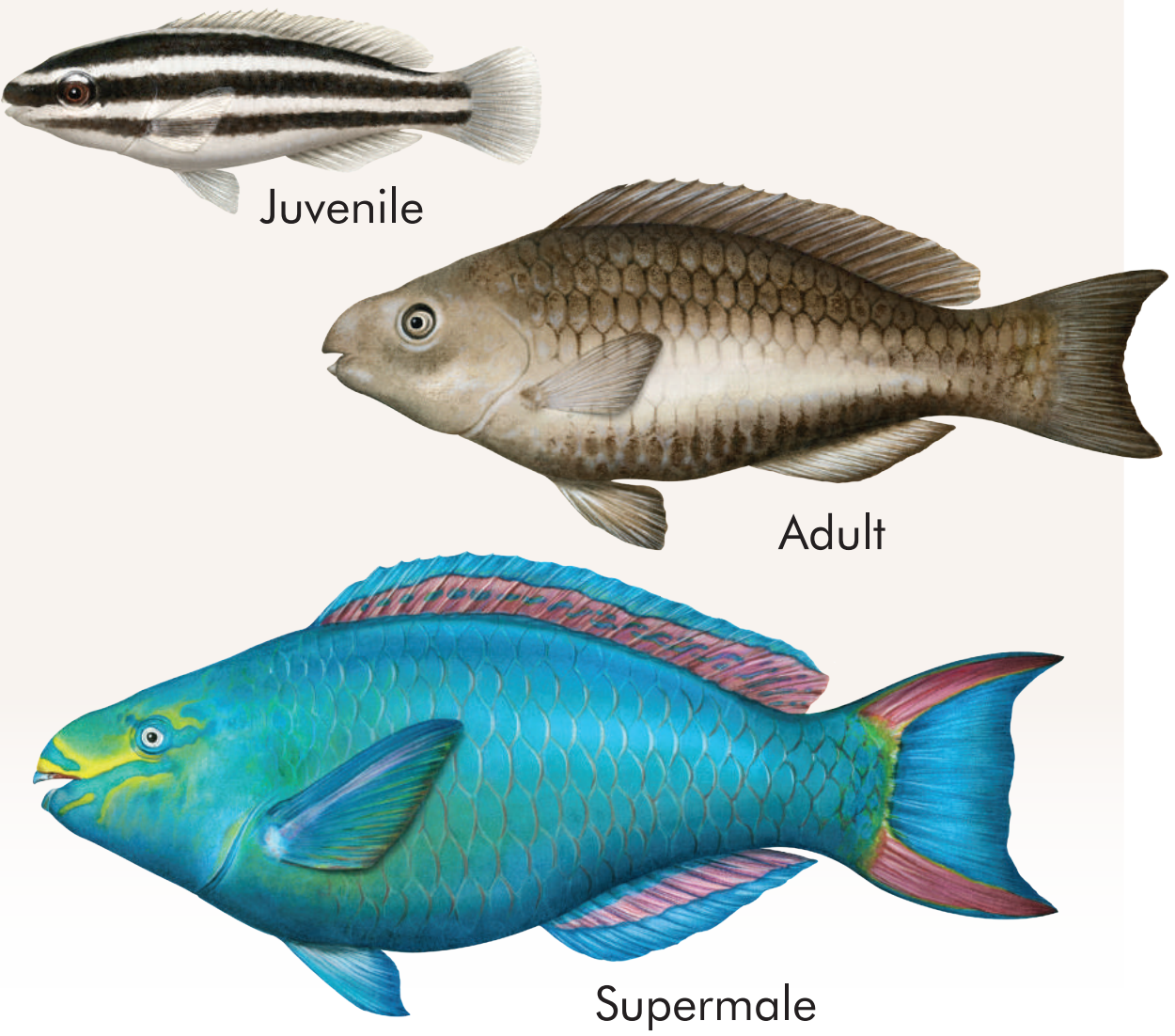
Common Parrotfish and Their Color Phases

Parrotfish are a diverse group of fish that spend most of their lives on coral reefs. Their name comes from their beaklike teeth and the bright colours displayed by adult males.

Stoplight Parrotfish



Queen Parrotfish



Eleven species of parrotfish are commonly found on Bahamian reefs. Some of the largest parrotfish species can grow to over 5 feet long, while some may only grow to 5-7 inches long.



Follow coral courtesies.
Never stand on, kick, or touch coral. Use moorings or anchor in the sand away from reefs. Limit pesticides and fertilizers on lawns. Parrotfish rely on healthy coral reef habitats.

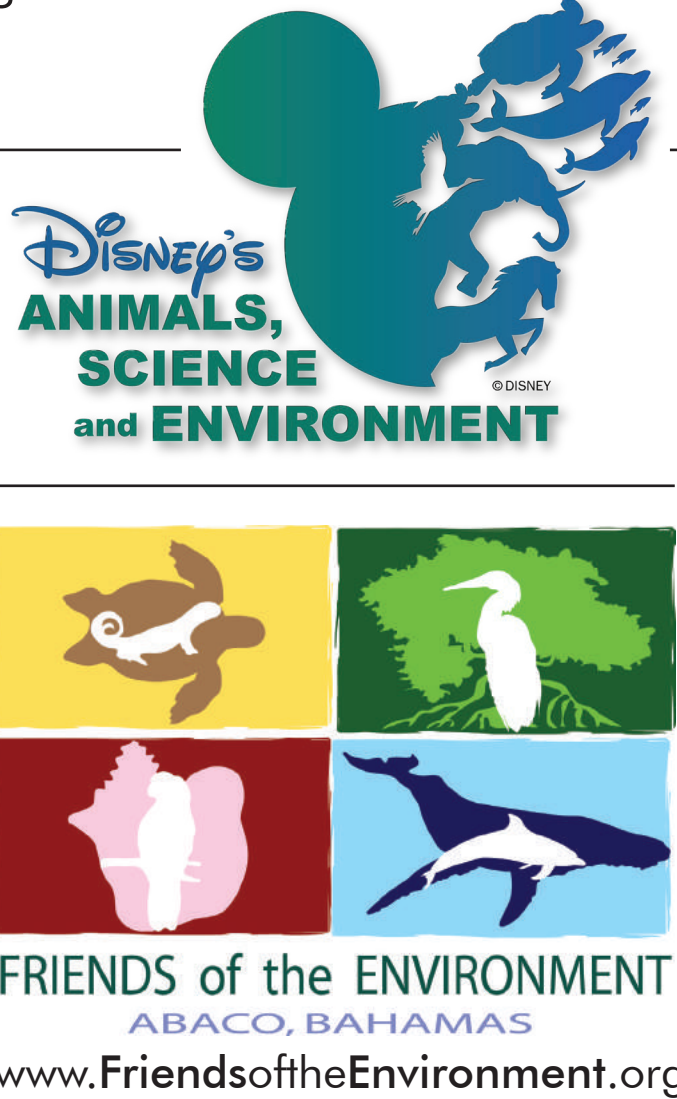


Keep the environment clean.
Pitch in by picking up litter on land and in the water. Solid waste, sewage, and fuel are damaging pollutants that should be properly disposed of at a local landfill or waste processing facility.

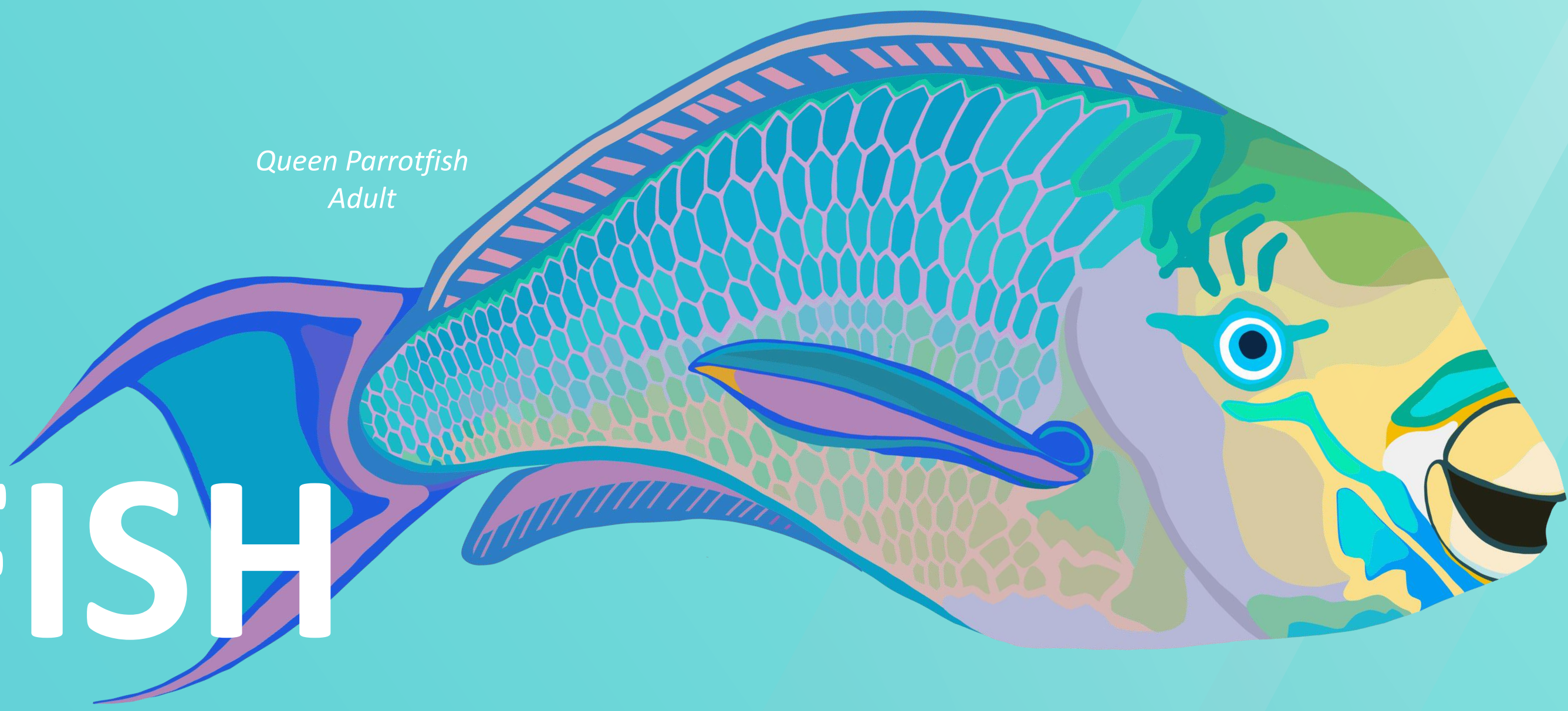
Support sustainable development.
Build sustainably by choosing a location and style that will not interfere with sensitive wetland areas. Avoid dredging.

Follow fishing regulations.
Fishing regulations are in place to help ensure the sustainability of important species—don't break the law!

Learn about and support The Bahamas Marine Protected Area Network.
Respect the rules while visiting protected areas. Protected areas benefit the entire marine environment by promoting healthy ecosystems and species. That means fish for the future!



PROTECT OUR PARROTFISH



Queen Parrotfish
Adult

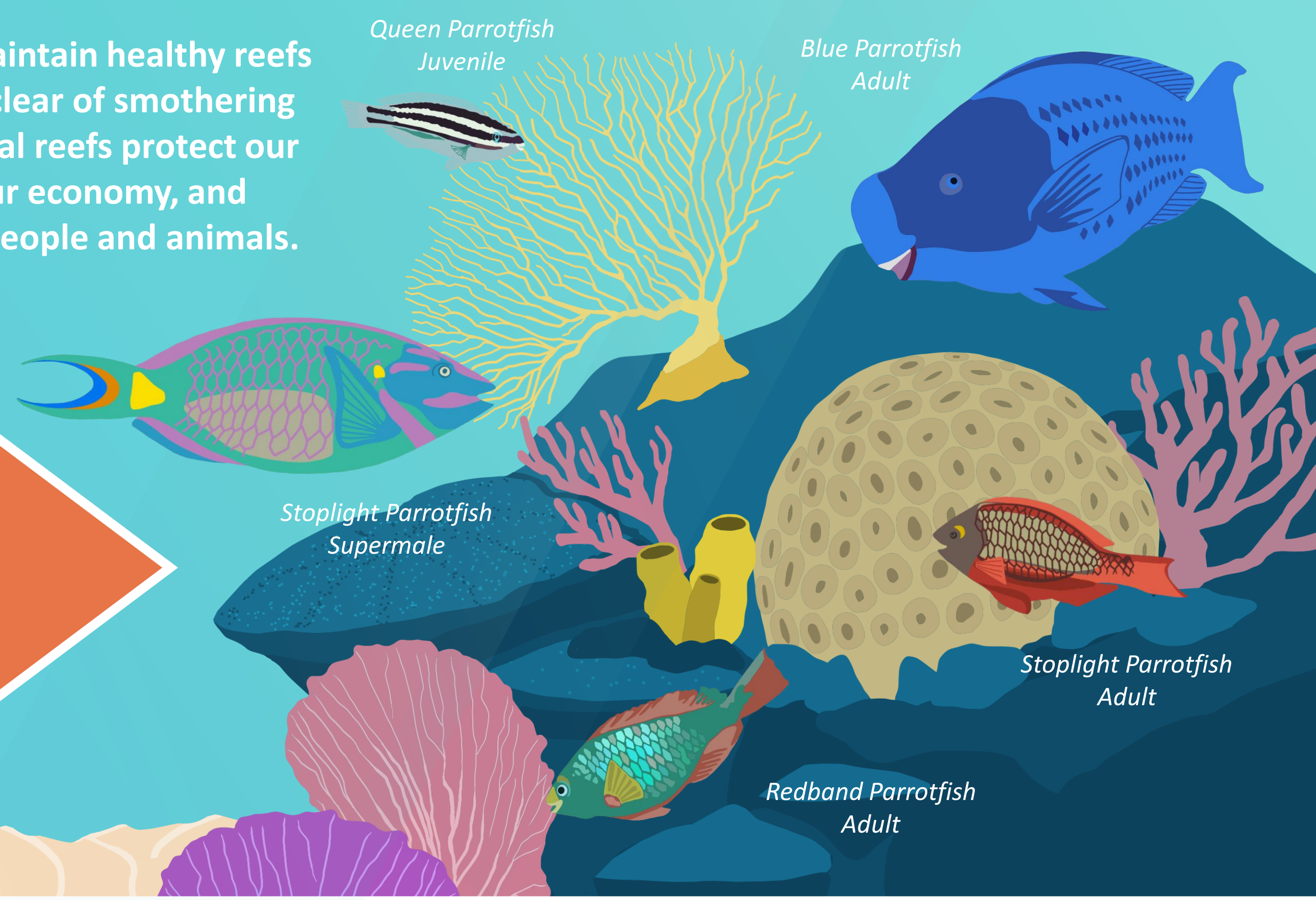
Parrotfish Keep Coral Reefs Healthy and Beautiful for The Bahamas!

A reef without parrotfish is unhealthy. Algae can overgrow, smothering the coral and not allowing new coral to grow.

Parrotfish help maintain healthy reefs by keeping them clear of smothering algae. Healthy coral reefs protect our coasts, support our economy, and provide food for people and animals.



Your actions can help parrotfish do their job of cleaning our reefs.



Queen Parrotfish
Juvenile

Blue Parrotfish
Adult

Stoplight Parrotfish
Supermale

Stoplight Parrotfish
Adult

Redband Parrotfish
Adult

Help Parrotfish Help You

Bahamians are joining together to protect parrotfish! Which of these easy actions can you do?



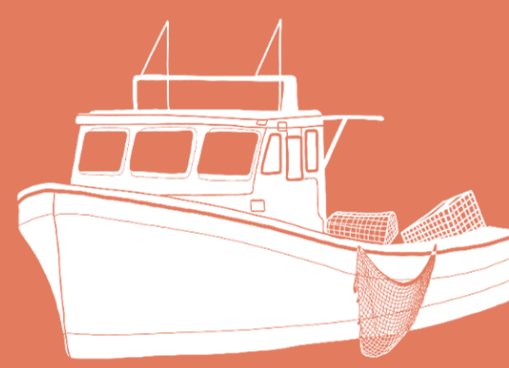
PASS ON PARROTFISH
while fishing.
Leave them on the reef!

RELEASE PARROTFISH
back into the water
if you catch one!



PASS ON PARROTFISH
while buying food.
Try jacks, grunts, or snappers instead.

KEEP PARROTFISH ALIVE
by disposing of fishing gear properly.
Remove old traps from the water!



PASS ON PARROTFISH
at restaurants.
See what else is on the menu!

PRACTICE SAFE BOATING
near mangroves, seagrass beds, & reefs.
These are important for parrotfish.



Do you love the white sandy beaches of The Bahamas? Thank a parrotfish!



By cleaning coral reefs, parrotfish produce most of the sand on Bahamian beaches. One parrotfish can produce more than 440 pounds of sand per year!