

# This Diet Is For the Birds!

## *Styrofoam and Plastics: the new foods killing Albatross*

The Albatross, a strong and magnificent glider, spends most of its time on the northern Pacific Ocean, often travelling thousands of miles to gather food for itself and its young. An Albatross's diet consists of fish, crustaceans, and their favorite delicacy, squid. Humans, however, have greatly altered the diet of the Albatross through the enormous amount of our trash, especially plastics and **Styrofoam**, that has made its way into our oceans.



These are pictures from the dissection of an Albatross bolus, the product of their natural process of regurgitating indigestible squid beaks. The bolus is from Tern Island, in Northwestern Hawaii, far from humans, yet it is evident that through its ocean hunting, the Albatross ingested our waste. Huge numbers of Albatross chicks and adults **die** from starvation and suffocation caused by the ingestion of plastics and **Styrofoam**.



Piece of a  
golf ball

Pieces of  
plastic

**Styrofoam**

Squid beaks  
(Remnants of a  
natural,  
healthy diet)

Fishing line

**HUMAN  
TRASH!**



Boluses donated by Oikonos: For more information, visit: [www.oikonos.org](http://www.oikonos.org)

Get involved and make a difference:  
[www.thewatershedproject.org](http://www.thewatershedproject.org)