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Feeding and growth of Atlantic cod (*Gadus morhua* L.) in the eastern Baltic Sea under environmental change

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1 **Feeding and growth of Atlantic cod (*Gadus morhua* L.) in the Eastern Baltic Sea under**  
2 **environmental change**

3  
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20  
21 Running head: Environment and cod growth

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23 stomach data, *Gadus morhua*, Baltic Sea

24

25 **Abstract:**

26 Five decades of stomach content data allowed detailed insight into the long-term development of  
27 consumption, diet composition, and resulting somatic growth of *Gadus morhua* (Atlantic cod) in the  
28 Eastern Baltic Sea. We show a recent reversal in the development of feeding level over body length,  
29 resulting in present feeding levels of small cod that indicate severe growth limitation and increased  
30 starvation-related mortality. For young cod, the low growth rate and high mortality rate is  
31 manifested through a reduction in size-at-age. The low feeding levels are likely the result of a  
32 decrease in benthic prey abundance due to increased hypoxic areas, while decreasing abundances  
33 of pelagic species in the area of cod distribution have prevented a compensatory shift in prey. Our  
34 study emphasizes that under the current ecosystem state, environmental forcing as well as the  
35 decline of pelagic prey caused changes in consumption and growth rates of small cod in the Baltic  
36 Sea. The food reduction is amplified by stunted growth leading to high densities of cod of smaller  
37 size competing for the scarce resources. Under these conditions, the average growth rate is  
38 negative, and only the individuals with feeding levels well above average will survive, though  
39 growing slowly. These results suggest that the relation between consumption rate, somatic growth  
40 and predator-prey population densities, as well as its consequences for species interactions and  
41 ecosystem functioning, are strongly environmentally mediated and hence not stable under  
42 environmental change.

43

44

45

46 **Introduction:**

47 The somatic growth of consumers depends on the availability of suitable food items (Ursin, 1967;  
48 Fretwell, 1987). Food deprivation leads to stunted growth (Deelder, 1951; Amundsen and  
49 Klemetsen, 1988), and in the worst case to starvation (Dutil and Lambert, 2000). Reduced growth of  
50 predatory fishes may also hamper the ontogenetic transition to an energetically more profitable,  
51 piscivorous diet (Werner and Gilliam, 1984), because of insufficient mouth gape size (Werner, 1974)  
52 and other attack capabilities such as fast-start swimming (Domenici and Blake, 1997). In this way,  
53 decreased somatic growth can affect the structuring role of a predator in the ecosystem (Brooks *et*  
54 *al.* 1965; Hall *et al.* 1976), as previously suitable prey species are released from predation.

55

56 Food restriction at population level can be ascribed to density-dependence, assuming that an  
57 increase in predator density leads to a decrease in the amount of prey available per individual  
58 predator (Murdoch, 1994; Turchin, 2003); reduced prey availability controlled by environmental  
59 conditions or anthropogenic activities such as fisheries (Uzars, 1994; Neuenfeldt and Beyer, 2006;  
60 ICES 2018), or a combination of the two processes. Furthermore, the effects of environmental  
61 changes can be immediate, as for example hypoxia events (Diaz and Rosenberg, 2008), or changes  
62 in predator-prey spatial overlap (Neuenfeldt and Beyer, 2006), while the effects of density-  
63 dependence are often delayed (Murray, 1994). This interplay between environmental changes and  
64 density-dependence in shaping the dynamics of marine fish predators and prey populations is  
65 complex and difficult to unravel.

66

67 During the past four decades, the Baltic Sea ecosystem went through a major reorganization with  
68 two alternative states separated by a transition period in 1988–1993 (Möllmann *et al.*, 2009). The

69 first state is characterized by high fish predator (Eastern Baltic cod, *Gadus morhua* L., hereafter  
70 simply referred to as cod) and low pelagic prey (sprat, *Sprattus sprattus* L.) abundances, and the  
71 second by decreased cod and increased sprat abundances (Casini, 2013; Möllmann *et al.*, 2009). This  
72 shift has been attributed to a combination of overfishing of cod intertwined with unfavorable  
73 environmental conditions for cod reproduction and favorable conditions for sprat recruitment  
74 (Casini, 2013; Alheit *et al.*, 2005). Since the end of the 1970s, the frequency of major inflows of saline  
75 water to the brackish Baltic Sea has decreased drastically (Matthäus and Schinke, 1994). The lack of  
76 renewed bottom water has led to massive environmental changes, in particular hypoxia in the  
77 bottom water (Carstensen *et al.*, 2014), accentuated by high nutrient loading from land-based  
78 sources (Österblom *et al.*, 2007), and consequently decreased productivity of benthic prey (Karlson  
79 *et al.*, 2002). Hypoxia is common rather than an exception since 2005 and nowadays also extends  
80 into the main area of cod distribution (Casini *et al.*, 2016).

81

82 In this changed ecosystem, a shift of the cod stock size structure towards smaller sizes and decline  
83 in maximum length have been observed and advocated to be due to a decline in growth (Svedäng  
84 and Hornborg, 2014; Eero *et al.*, 2015; Orio *et al.*, 2017). However, the problematic age  
85 determination of Eastern Baltic cod (Eero *et al.*, 2015) has prevented a confirmation of this theory  
86 and therefore the mechanistic understanding of these observations.

87

88 Here, we investigate changes in the diet composition of the Eastern Baltic cod, its feeding levels and  
89 consumption rates, and their consequences for growth and mortality over five decades using  
90 stomach content data in combination with bioenergetics models. After the larval stage, cod  
91 experiences two feeding modes. Small, post-settlement 4-16 cm cod mainly consume benthic

92 invertebrates (Hüssy, 1997), while larger individuals consume a mix of fish and benthic invertebrates  
93 (Uzars, 1994; Neuenfeldt and Beyer, 2006; Pachur and Horbowy, 2013). We therefore examine the  
94 ontogenetic development of diet composition and energy intake to identify life stages with critical  
95 feeding conditions. Subsequently, we track the temporal dynamics in feeding levels and growth  
96 during these sensitive life stages. Using empirical data and bioenergetics, we address the following  
97 questions: (1) have size-specific feeding levels changed during the past five decades and which are  
98 the likely causes? (2) what are the expected long-term changes in cod growth considering the  
99 changes in feeding level (3) when during life history is the bottleneck for cod growth and survival?

100

101

## 102 **Material and Methods:**

### 103 *Stomach data*

104 About 120 000 stomachs of Atlantic cod in the Eastern Baltic Sea have been sampled by trawling  
105 between 1963 and 2014 (Fig. 1). Sampling covered the distributional area of the Eastern Baltic cod  
106 population (Bagge, 1994) except in the period 1995 to 2004, where sampling was limited to the  
107 north-eastern part. Prey items in the stomachs were recorded at the highest possible taxonomic  
108 resolution with total mass, and, where identifiable, number of individuals and lengths per prey  
109 taxon. At least individual predator length was also recorded (except 1975 to 1979), and in later years  
110 also predator weight (Huyer *et al.*, 2014; ICES, 2014a). The data are available at ICES ([www.ices.dk](http://www.ices.dk)).

111

112 Previous studies have shown that 15-40 % of cod stomachs are empty (Uzars, 1994; Neuenfeldt and  
113 Beyer, 2003), which has an important impact on estimates of population-level mean consumption  
114 rate. Whether or not a stomach is truly empty, or the fish has regurgitated the content during

115 trawling and processing, was deducted from the appearance of the gall bladder (ICES, 1991) since  
116 the mid-1980s. In the stomach sampling for the last decade, cod with signs of regurgitation have  
117 been replaced during sampling by randomly selected individuals of the same length and with  
118 stomach contents (Huyer *et al.*, 2014). However, whether this practice has been the same for the  
119 sampling between 1963 and 2005 is unknown. Exploratory analyses indicate, though, that in this  
120 earlier period at least not all cod with signs of regurgitation have been discarded. Consequently,  
121 temporal differences in the fraction of empty stomachs before and after 2005 are possibly a  
122 sampling artefact, and the fraction probably being over-estimated from the data until 2005. This  
123 means that calculated decreases in consumption rates after 2005 would be conservative estimates  
124 since they were probably more pronounced in reality. Constant or increasing consumption rates  
125 would, on the other hand, be difficult to verify, because any increase or constant levels of average  
126 population-level consumption rates might be due to the lower observed fraction of empty stomachs  
127 after 2005.

128

### 129 *Consumption rates and feeding levels*

130 Average daily energy consumption rates  $C$  ( $\text{kJ d}^{-1}$ ) were estimated using the cylinder gastric  
131 evacuation rate model (Andersen and Beyer, 2005a, b) by year and 1-cm predator length group for  
132 cod between 20 and 80 cm total length, amounting to 109 000 stomachs in this size range from the  
133 stomach database. Experienced temperature  $T$  was assumed constant at  $5^{\circ}\text{C}$ , corresponding roughly  
134 to the average temperature experienced by cod in the Baltic Sea (Righton *et al.*, 2010). Note that  
135 the focus in this study is to compare consumption rates in different periods. Although cod  
136 experience varying temperature throughout the year, only significant trends in average  
137 temperature regime for the cod in their preferred habitat might potentially bias our analyses. Such



138 trends have not been shown for the Baltic Sea. We assumed constant energy densities  $E_i$  for benthic  
139 prey (3.5 kJ g<sup>-1</sup>) and consumed fishes (*Clupea harengus* L. (herring) and sprat 5.5 kJ g<sup>-1</sup>, cod 4.0 kJ g<sup>-1</sup>;  
140 Pedersen and Hislop, 2001).  $E$  denotes the average energy densities (kJ g<sup>-1</sup>) of the individually  
141 observed total stomach contents  $S$  (g). Using the principle that consumption rate  $C$  (kJ d<sup>-1</sup>) on  
142 average over population and time equals evacuation rate (Pennington, 1985), and knowing cod total  
143 length  $L$  (cm) and the basic evacuation rate parameter  $\rho_0 = 2.43 \times 10^{-3}$ , we used the parametrization  
144 of the cylinder model for cod presented in Andersen (2012):

145

$$146 \quad C = 24 \rho_0 L^{1.30} e^{0.083T} E^{0.15} \sqrt{S} \quad (1)$$

147

148 Feeding level  $f$  is actual energy intake  $C$  expressed relative to maximum sustained energy intake

149  $C_{\max}$  ( $f = C / C_{\max}$ ). The maximum intake  $C_{\max}$  was obtained from Jobling (1988):

150

$$151 \quad C_{\max} = 0.223 e^{(0.104T - 0.000112T^3)} W^{0.802} \quad (2)$$

152

153 Where  $T$  is temperature (°C). The stomach data rarely specified cod weight  $W$  (g), so here a  
154 relationship based on data from the Danish part of the Baltic International Trawl Survey covering  
155 the cod distributional area (data on [www.ices.dk](http://www.ices.dk)) was used:

156

$$157 \quad W = 6.838 \cdot 10^{-3} L^{3.07} \quad (3)$$

158

159 The condition of cod in the Eastern Baltic Sea has declined since 1990. We have not considered this  
160 when calculating  $C_{\max}$ , and thus feeding level  $f$ , because the condition of the cod used by Jobling

161 (1988) to establish Eqn (2) is unknown. The assimilative capacity of fish is related to the structural  
162 size (i.e., the body length) rather than the condition and hence the body mass (e.g. Andersen, 2001).  
163 The consequence is that our estimates of  $C_{\max}$  using eqn. (2) becomes lower, and thus  $f$  higher, when  
164 condition declines because the body mass at specific length becomes lower. This further means that  
165 our estimates of the temporal development of  $f$  are conservative – for example, the decline for small  
166 cod is probably more pronounced than we find.

167

### 168 *Bioenergetics growth model*

169 We estimated the somatic growth rates  $P_B$  ( $\text{kJ d}^{-1}$ ) from the observed feeding levels using a simplified  
170 energy balance equation (Andersen and Riis-Vestergaard, 2003):

171

$$172 \quad P_B = \kappa f C_{\max} - R_S - R_A , \quad (4)$$

173

174 where net food conversion efficiency  $\kappa$  is described by a simple power function of food consumption  
175 rate  $\kappa = 0.426 (f C_{\max})^{0.109}$ , and  $R_S = 5.52 (0.001W)^{0.75} e^{0.08T}$  (Andersen and Riis-Vestergaard, 2003)  
176 and  $R_A$  are standard metabolic rate and costs of swimming activity ( $\text{kJ d}^{-1}$ ).  $R_A$  is determined by the  
177 activity multiplier 1.25 (Hansson *et al.*, 1996) as  $R_S + R_A = 1.25 R_S$ . Due to the focus on juvenile cod,  
178 gonadal maturation was assumed to be negligible in the bioenergetics growth model and set to 0.  
179 Body mass (g) was determined iteratively as  $W_{t+\Delta t} = W_t + P_{B,t} (0.057L_t + 3.37)$ . The energy to mass  
180 conversion factor  $0.057L_t + 3.37$  (Pedersen and Hislop, 2001) was assumed to depend on length  
181 only. Time increments  $\Delta t$  were in daily steps and length measured in cm. Length was calculated using  
182 eqn. (3).

183

184 *Observational data on catch per unit of effort and hypoxic areas*

185 Indices of cod density in the first quarter of the year (calculated as catch per unit of effort, CPUE, in  
186 numbers per hour; herein referred to as density) from the Baltic International Trawl Survey (BITS)  
187 in ICES sub-divisions 25, 26 and 28 were retrieved from the ICES DATRAS database  
188 (<http://www.ices.dk/marine-data/data-portals/Pages/DATRAS.aspx>). The indices are based on  
189 bottom trawl hauls typically swept between 20 and 100 m depth, whereas hauls shallower than 20  
190 m and deeper than 100 m are very rare (ICES, 2014b).

191

192 Time-series of total areas (km<sup>2</sup>) of hypoxic bottoms (here taken as areas between 20 and 100 m  
193 depth (Casini *et al.*, 2016) with an oxygen concentration of < 1 ml l<sup>-1</sup>, i.e. approx. 1.4 mg l<sup>-1</sup>) by sub-  
194 division (25, 26 and 28) were obtained from the Swedish Meteorological and Hydrological Institute  
195 (SMHI, [www.smhi.se](http://www.smhi.se)). We used 1 ml l<sup>-1</sup> as threshold for hypoxia to indicate failure in benthic  
196 productivity (Karlson *et al.*, 2002; Conley *et al.*, 2009).

197

198

199 **Results:**

200 The data show a pronounced change in the average mass of prey in stomachs containing that prey  
201 for all sizes of cod after the Baltic regime shift (Fig. 2). The mass of the benthic isopod *Saduria*  
202 *entomon* in the stomachs in the period 1963-1988 was increasing constantly with increasing cod  
203 size, while in the period 1994-2014, after the regime shift, the mass of *S. entomon* is rather constant  
204 at a low level through cod ontogeny. The mass of the nekto-benthic crustacean *Mysis mixta*  
205 increased slightly in the diet of cod < 35 cm, but decreased in the diet of cod > 35 cm after the  
206 regime shift, although the biomass of this prey in the stomachs has been small throughout the entire

207 time-series. Sprat mass has also declined in the stomachs of small cod, with the decline becoming  
208 more obvious with increasing cod size after the regime shift. The average mass of herring in the  
209 stomachs of larger cod remained unchanged between the two periods, while herring mass in the  
210 stomachs increased in the later period for cod between 25 cm and 35 cm. (Fig. 2). In the most recent  
211 period, there is on average about twice as much cod in the stomach of cod > 40 cm than before the  
212 regime shift. The mass of other prey, mainly benthic organisms and flatfish, in the cod stomachs  
213 increased for cod > 50 cm after the regime shift.

214

215 The average daily consumption rate of 20-30 cm cod increased in the beginning of the time-series,  
216 reached a maximum in 1990s and rapidly decreased in the early 2000s (Fig. 3). In contrast,  
217 consumption of 30-40 cm cod showed an increasing trend during the whole time-series, except for  
218 a slight decline in early 1990s (Fig. 3). This development is the same also for cod > 40 cm (not shown  
219 here). In connection to the diet represented in Fig. 2, the decrease in consumption rates of cod < 30  
220 is due to a reduction of benthos and to a limited extent also of sprat in the diet, partially  
221 compensated by increased herring consumption. The minor increase in the consumption rates of  
222 30-40 cm cod is driven by increased consumption on mysids and herring, and a few observations of  
223 cannibalism.

224

225 The decreasing consumption rates of small cod in the latest years, and the on average increasing  
226 rates for larger ones, become clearly visible in the development of feeding levels over cod length  
227 during the last five decades (Fig. 4). Feeding levels of cod 20-30 cm were among the lowest on record  
228 in 2005-2014. Low average feeding levels of 20-30 cm cod, comparable with the recent low values,

229 could also be observed in 1965-1974. Average feeding levels of larger cod were continuously  
230 increasing with length during 2005-2014, which was unseen in the 4 decades before.

231  
232 The growth curve of immature cod in the last decade, emerging from the bioenergetics model,  
233 differed clearly from the four decades before, with average growth becoming negative (Fig. 5). This  
234 negative modelled average growth implies that, *in vivo*, a large fraction of cod < 35 cm does not  
235 grow in length, gets thinner over time, and likely dies due to starvation.

236  
237 The size distribution of cod is progressively truncated from 2009 onwards (Fig. 6). There is more  
238 fish of the same, small size in the stock. The abundance of specimen >35-40 cm decreased  
239 drastically.

240  
241 There are basin-specific differences in the development of hypoxic areas (Fig. 7). Before the mid-  
242 1990s, hypoxic event were only temporary, and thus the inter-annual extent of hypoxic areas varied  
243 extensively. Conversely, hypoxic area size in the Bornholm Basin reached a plateau in 1994 until  
244 2001, when about 5000 km<sup>2</sup> of the bottom were hypoxic. Again between 2005 and 2010 hypoxia  
245 was constantly at high levels, corresponding to 6000 km<sup>2</sup>, in the Bornholm Basin. These two periods  
246 of long-term chronic hypoxia in the most important distributional and reproductive area for cod  
247 (Fig. 7) have been unprecedented during the time-series.

248

249

250 **Discussion:**

251 Our analyses revealed that decreased growth and survival of small cod may be an extension of the  
252 juvenile, post-settlement bottleneck (Hüssy *et al.*, 1997; Tupper and Boutilier, 1995). Feeding levels  
253 of small cod have been critically low in recent years, at or even below minimum fish maintenance  
254 levels (Kitchell *et al.*, 1977; Andersen and Riis-Vestergaard, 2003). The low feeding levels most  
255 probably result from a decrease in benthic prey availability due to increased hypoxic areas. The  
256 resulting growth reduction in this life stage that we calculated based on a bioenergetics model, is  
257 supported by the observed length distributions from the survey. The size structure of the cod  
258 population has changed towards smaller individuals. Our study emphasizes that, under the current  
259 ecosystem state, environmental forcing as well as a decline of pelagic prey causes changes in  
260 consumption and growth rates of small cod in the Baltic Sea, resulting in an accumulation of small-  
261 sized cod in its population.

262

263 In our study, we modelled the expected changes in the cod growth from the changes in the stomach  
264 content data. The analyses suggest a reduction in growth that can explain the shift of the cod length  
265 distribution towards lower sizes over time. Moreover, the negative average modelled growth rate  
266 in the most recent period implies that many cod individuals die due to starvation. Only the fishes  
267 with feeding levels well above average will survive, though growing slowly. Size at sexual maturation  
268 ( $L_{50}$ ) has declined from 45-50 cm for females and 37-41 cm in males in 1984-1988 (Cardinale &  
269 Modin 1999) to about 19 cm in 2015 (Köster *et al.*, 2016). Since we did not account for energy spent  
270 for maturation in our bioenergetics model, growth might have been slowed down even further, if  
271 energy was used for gonadal maturation. The surviving part of the population may be estimated by  
272 comparing the growth rates presented here, based on stomach data and bioenergetics modelling,  
273 to growth rates estimated independently, for example from tagging data. However, even in the

274 absence of such analyses, the available survey data with practical absence of cod > 40 cm in recent  
275 years, presented in this study, strongly support increased natural mortality and stunted growth.  
276 Although dead emaciated fish are found only very rarely in the environment, starvation nevertheless  
277 occurs frequently (Dutil and Lambert, 2000; Holdway and Beamish, 1984). The slower growth of the  
278 survivors renders small cod easier to be preyed upon by larger cod, because they remain longer in  
279 the size window that is vulnerable to predation. Starvation makes the cod probably more vulnerable  
280 to parasites which is in line with recent observations of increasing liver worm *Contracaecum*  
281 *osculatum* infection in the Eastern Baltic cod (Sokolova *et al.*, 2018; Haarder, 2014; Horbowy *et al.*,  
282 2016).

283

284 The growth reduction results in a change in cod size distribution with increased densities of smaller  
285 sizes. Since the relevant, benthic and pelagic food items are scarce, as visible by their decline in the  
286 diet, implied by the extent of hypoxic areas and the observed decline in sprat biomass (Casini *et al.*  
287 2016), a feedback-loop emerges, because the accumulation intensifies the competition for food in  
288 the benthivore life stage leading to further food limitation and growth reduction. Consequently,  
289 growth is arrested, and the population is trapped in an ontogenetic bottleneck. The bottleneck  
290 occurs below 30 cm and thus inhibits the ontogenetic trophic niche shift towards a diet dominated  
291 by pelagic fish. Further, it stops the production of individuals that recruit into the commercial  
292 fisheries, currently at 35 cm (ICES, 2018). This way, there are very few cod with above-average  
293 growth, and the survey size distributions (Fig. 6) imply that this fraction of large cod is decreasing  
294 over time. The stomach data indicate that the high average feeding levels of these large specimens  
295 are mainly caused by rare events of cannibalism, that nevertheless probably increase mortality for  
296 the small cod. Consequently, due to the decreasing abundance of large cod, the predatory impact

297 of the cod population on larger prey such as herring and flounder decreases. In the area of cod  
298 distribution, Baltic sprat started to decline in the mid-1990s (Casini *et al.*, 2016). This decline  
299 coincides with the changes in the cod food intake after the regime shift. Coinciding with the sprat  
300 decline in the area of cod distribution, sprat consumption by cod declined, too.

301

302 Recolonization time of benthic areas by invertebrates after an extended hypoxic period needs to be  
303 investigated in order to predict cod food availability after re-oxygenation of the deep water. Two  
304 prolonged stagnation periods in the main distributional area of the cod population have obviously  
305 decimated the benthic prey species. Here, the cod stomachs themselves serves as indicators in the  
306 absence of reliable biomass data for benthic prey. Also, the abundance and spatial distribution of  
307 competitors for benthic prey, such as flounder (Orio *et al.*, 2019), have to be taken into account and  
308 could have worsened the feeding conditions for cod. Knowing the body size and condition that a  
309 predatory cod would need to successfully forage on the pelagic sprat would help to determine if  
310 reducing the commercial exploitation rate of sprat will potentially improve the food situation for  
311 the small, starving cod. These questions have to be answered spatially explicitly, probably on a scale  
312 smaller than the ICES sub-divisions, where biomass estimates of sprat match the prey field  
313 predatory cod experience.

314

315 Areas where feeding opportunities, growth and condition of cod may be unaffected by hypoxia may  
316 exist in waters shallower than those covered by the Baltic International Trawl survey of which more  
317 than 85% of the stations are located at depths >40 m and all on soft bottom. Stomach data from  
318 coastal areas would facilitate investigating the importance of shallow waters as source for  
319 replenishing the deteriorated population residing in deeper waters. However, juvenile cod has



320 shifted its distribution towards deeper areas the last years (Orio et al., 2019), suggesting that the  
321 shallow areas may currently not be that important after all.

322

323 Our study emphasizes that environmental forcing, giving rise to hypoxia, has probably triggered the  
324 observed changes in consumption and growth rates for cod in the Baltic Sea during the past decades  
325 by reducing growth of pre-piscivorous specimens. Moreover, the resulting increased densities of  
326 small cod along with a decline in sprat densities have intensified the competition for food leading  
327 to further food limitation and growth reduction. Environmental changes decouple many population  
328 dynamic control mechanisms (Gårdmark *et al.*, 2015). Growth and mortality change independently  
329 of predator and prey densities and feedback loops, that otherwise are considered key in the  
330 transition between alternative stable states (Moellmann *et al.*, 2009; Scheffer, 2009). Our results  
331 underline that the relation between population density and vital rates under environmental changes  
332 has to be understood mechanistically to fully comprehend the ecosystem changes currently  
333 observable in multiple places globally (Folke *et al.*, 2004), and to devise remedies where possible.

334

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345 this study were collected during ordinary field monitoring under the EU Data Collection Framework,  
346 for which no species research or animal ethics permissions are required.

347

348 **Data accessibility:**

349 All data supporting the results are already available online at [www.ices.dk](http://www.ices.dk). A more compiled data  
350 set will be made available in an appropriate public repository, should the manuscript be accepted.

351

352 **Author's contributions:**

353 STN was responsible for research design with assistance from MC, and drafted the main text and  
354 figures. VB and AO pre-processed the data and improved the figures. STN, KHA and NGA developed  
355 the modelling framework. STN, SN, UB, NK and MC pre-processed data. DU compiled the major part  
356 of the stomachs data. All authors were involved in discussions and editing of the text.

357

358 **Competing interests:** The authors have no competing interests.

359

360

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520 **Figure captions:**

521

522 Fig. 1:

523 ICES sub-divisions (bottom right panel) and stomach sampling coverage: number of *Gadus morhua*  
524 stomachs by ICES statistical rectangle for each period specified on top of each panel.

525

526 Fig. 2:

527 Diet composition in *Gadus morhua* stomachs by average mass, given that the specific prey is found  
528 in the stomach, before 1988 (black) and after 1994 (red). The transition period between ecological  
529 regimes from 1988 to 1993 (Moellmann *et al.* 2009) is left out. The diet is given in average biomass  
530 observed in the stomachs of a given length (cm) during the two respective periods. For *Saduria*  
531 *entomon* the biomass in the stomachs is given in an insert for cod  $\leq 40$  cm total length.

532

533 Fig. 3:

534 Trends in daily food consumption rate of *Gadus morhua* in four length classes; LOESS-based  
535 smoothed trends are plotted in blue together with shadowed confidence limits.

536

537 Fig. 4:

538 Feeding levels of *Gadus morhua* by length during the past five decades. LOESS-based smoothed  
539 trends are plotted in blue together with shadowed confidence limits. The lower right panel: feeding  
540 level over time for *G. morhua* of 21 - 30 cm total length.

541

542 Fig. 5:

543 Simulated growth trajectories of *Gadus morhua* in the total length range 21-35 cm for the five  
544 decades covered by the stomach sampling programme.

545

546 Fig. 6:

547 Catches per unit of effort (CPUE) for Eastern Baltic cod by 1 cm cod length group for three different  
548 periods since 2009.

549

550 Fig. 7:

551 Extent of hypoxic bottom areas in different basins of the Baltic Sea during the stomach sampling  
552 program. Hypoxic condition is defined as  $<1 \text{ ml l}^{-1}$  oxygen concentration and given in  $10^3 \text{ km}^2$ . The  
553 different basins are the Bornholm Basin (BB, ICES sub-division 25), the Gdansk Deep (GD, ICES sub-  
554 division 26), and the Gotland Basin (GB, ICES sub-division 28).

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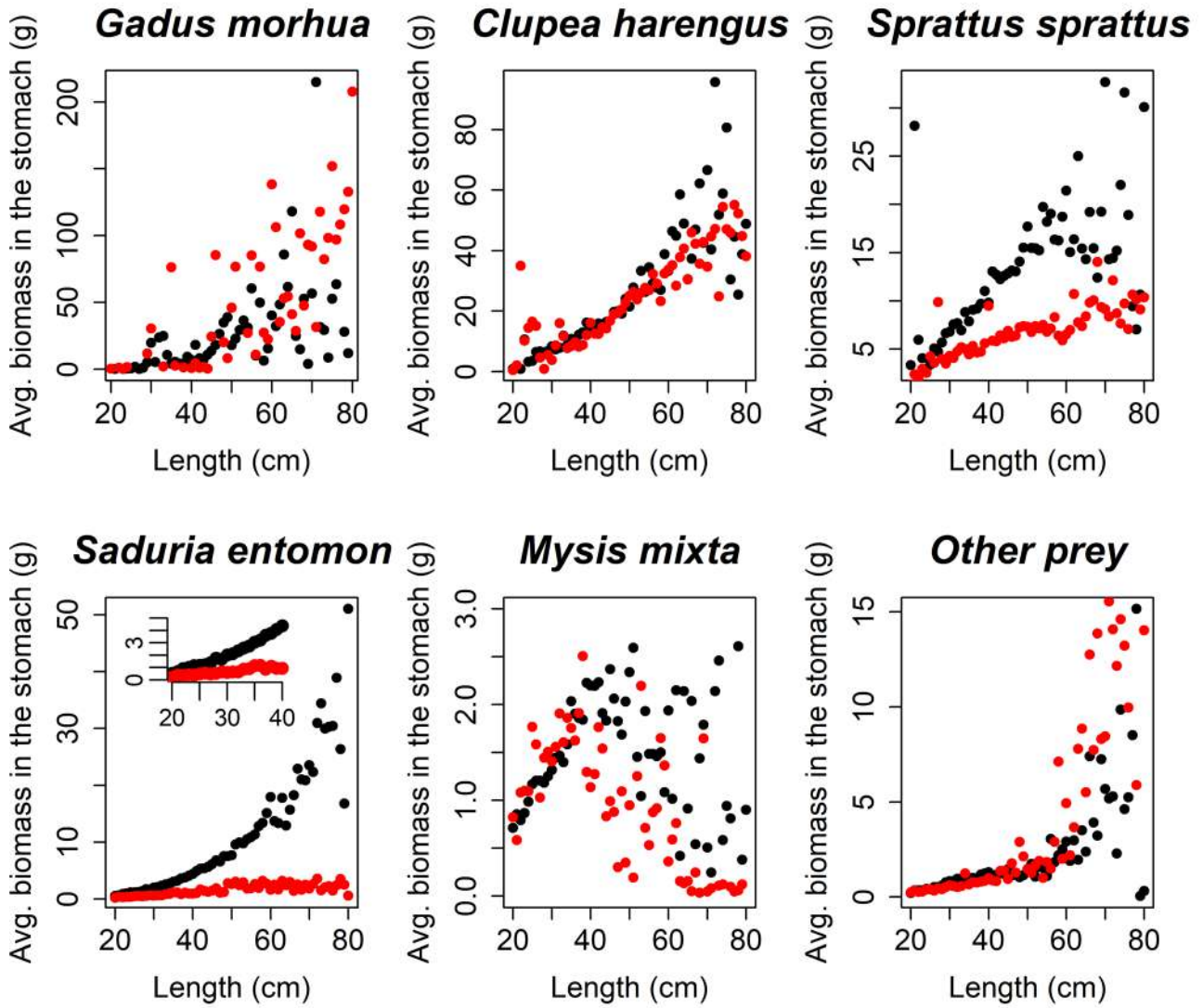
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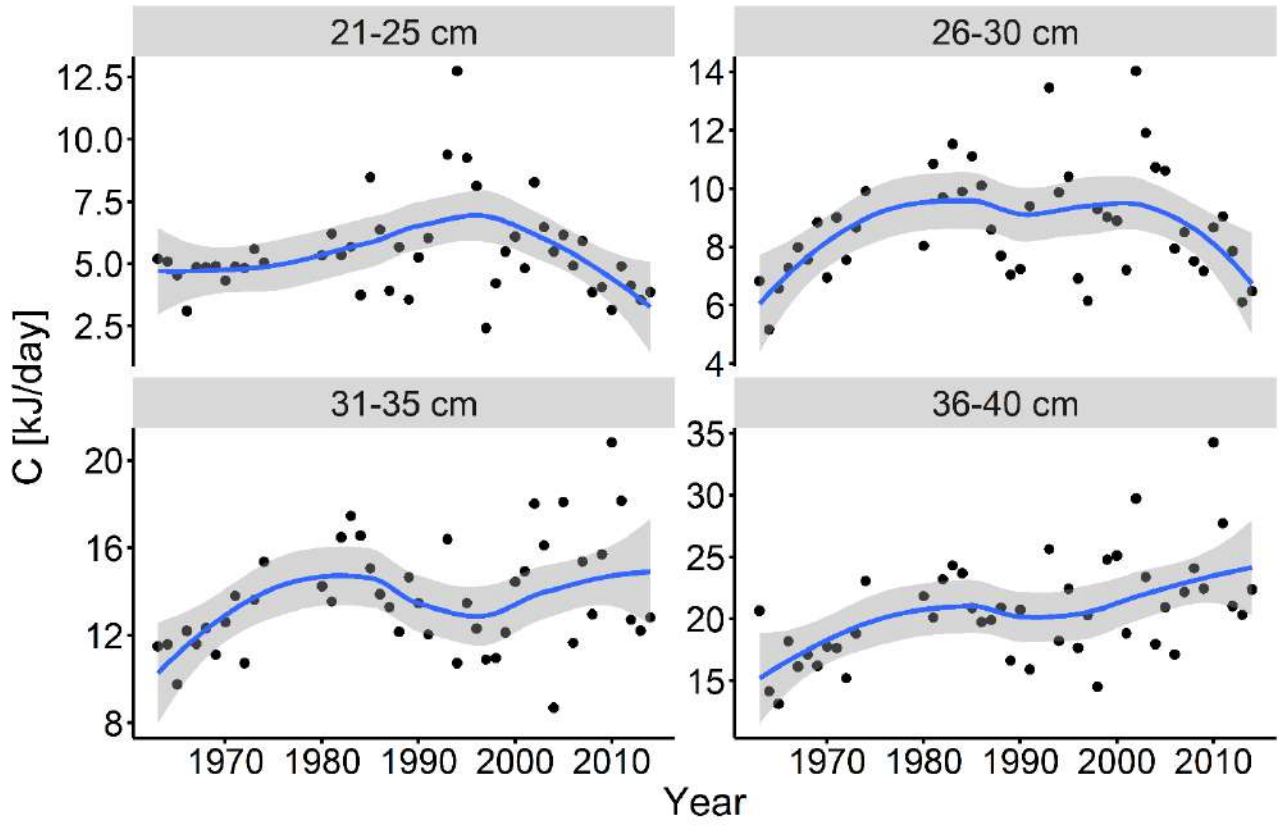
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580 Fig. 2

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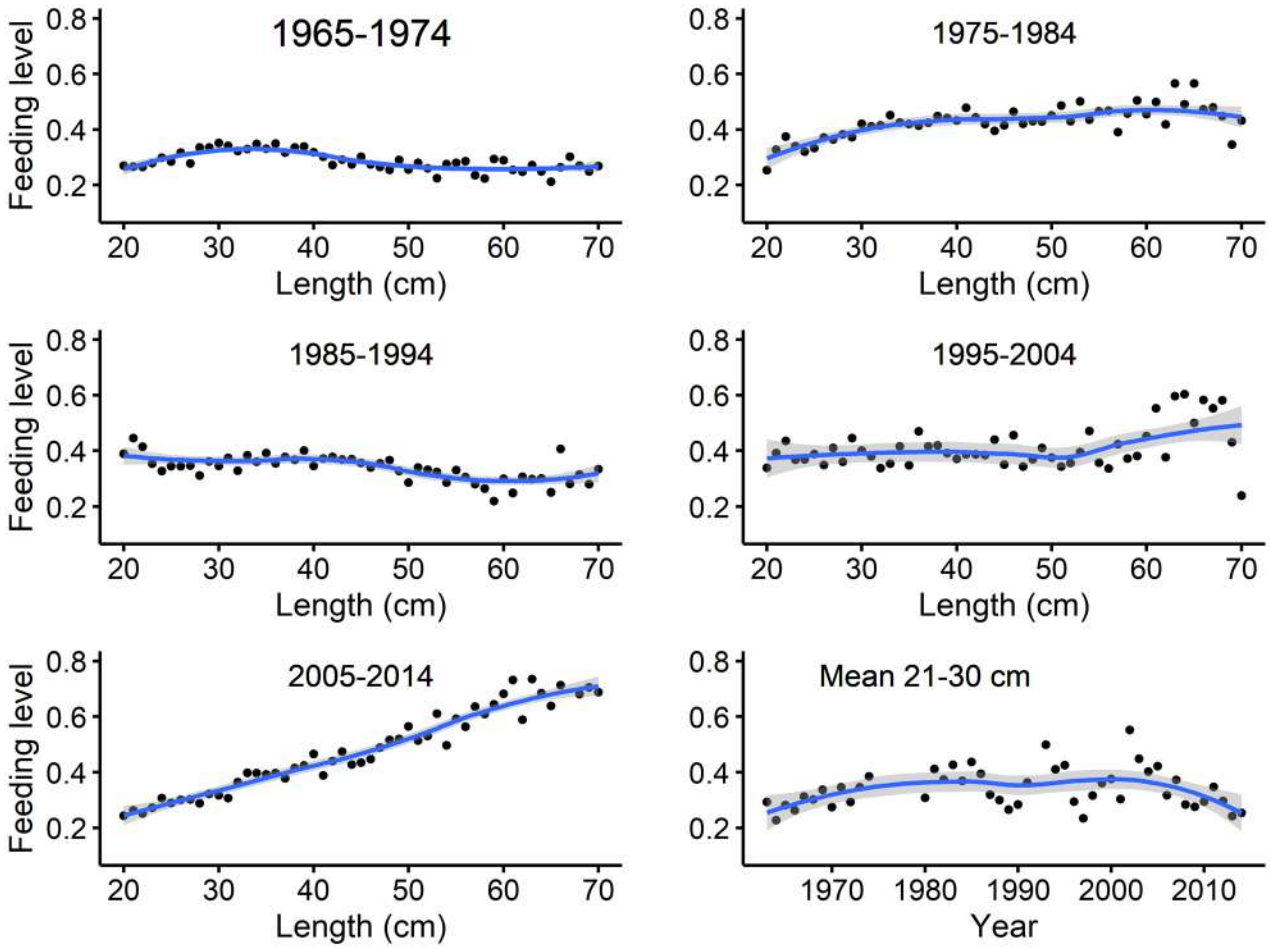
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588 Fig. 3

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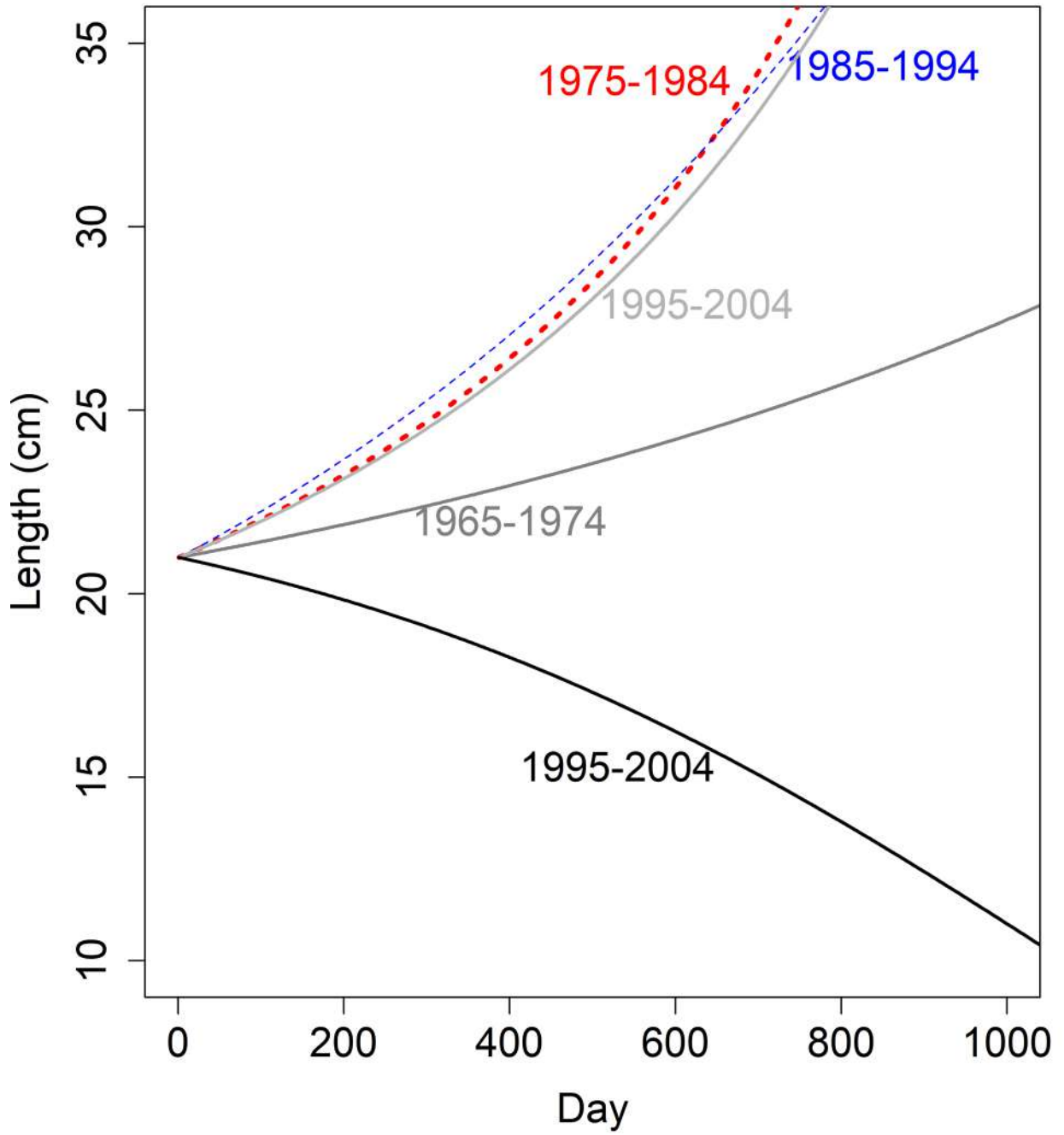
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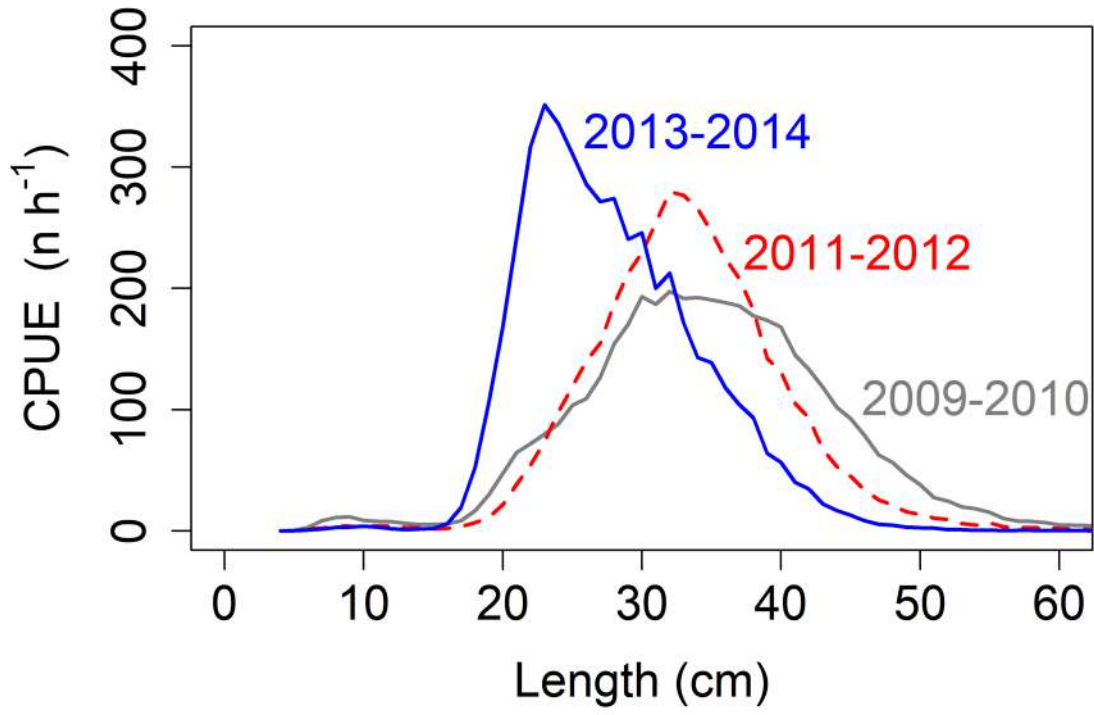
595 Fig. 4

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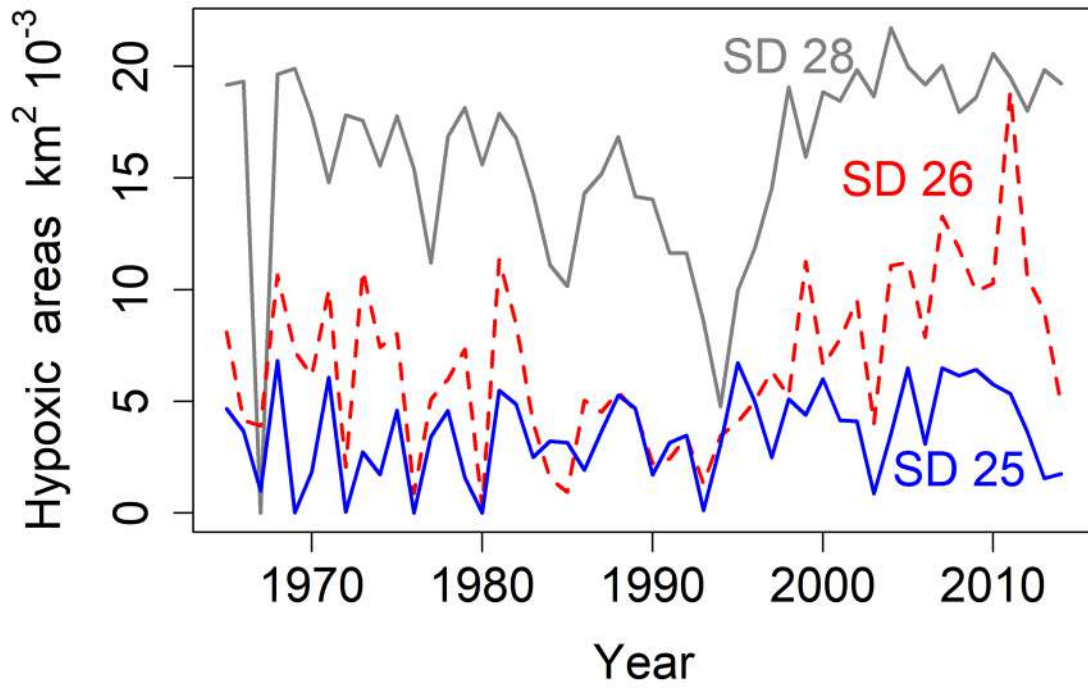
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604 Fig. 6

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611 Fig.7