



Get to know more about me.....!!

*Solea solea* (Linnaeus, 1758)



Common sole



## Size

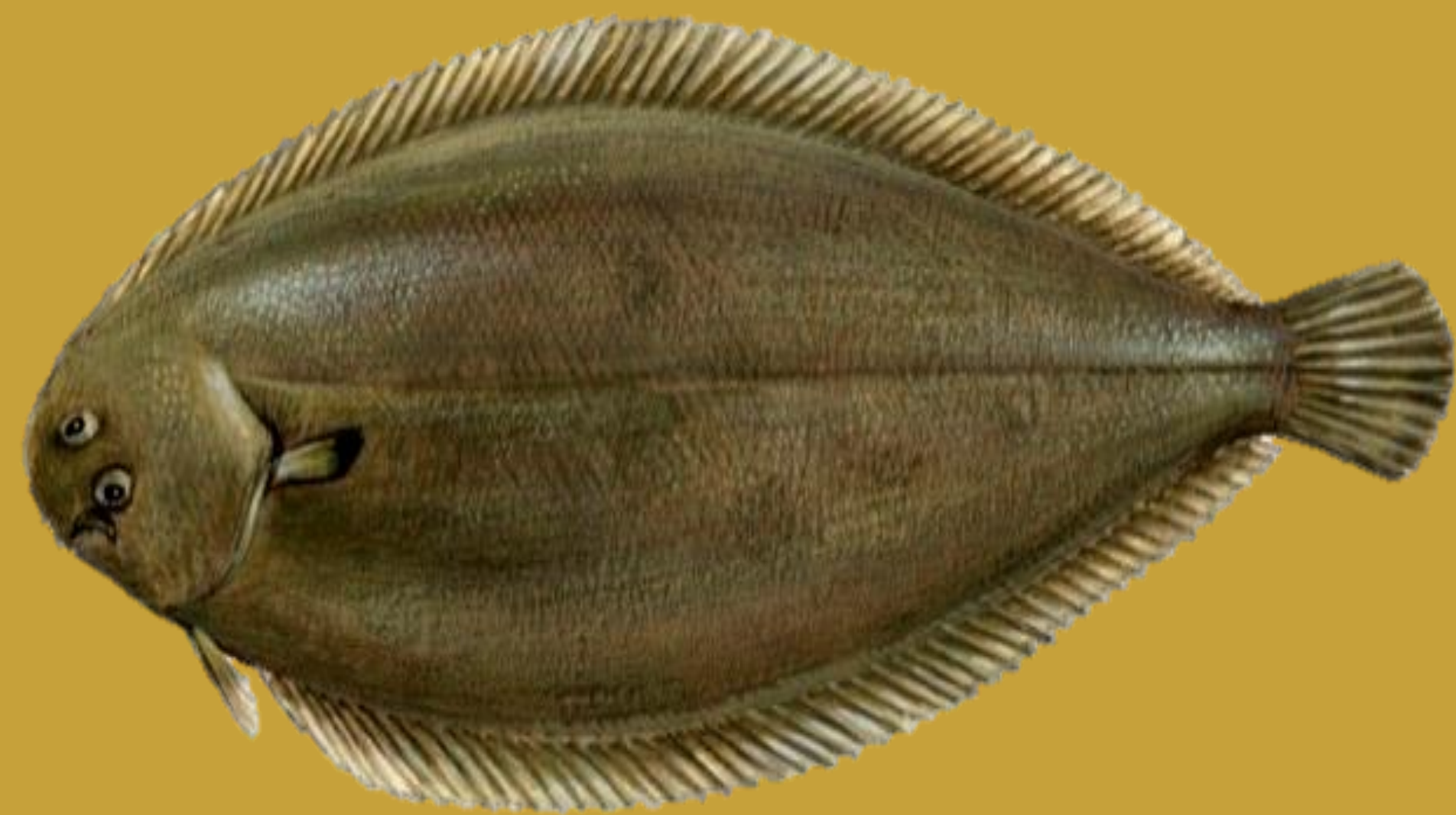
My maximum length as an adult is 70 cm.  
My average length is between 15 and 45 cm.



## Habitat

I am lonely of habit. As a benthic species, I am satisfied with sandy and muddy bottoms, from the shore up to 300 m.

I can be found in ports or in estuaries, at the edge of fresh water (I can withstand a salinity of 10%).



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## My favorite regions

You can found me in the eastern Atlantic. To the north, I am visible from the Trondheim Fjord, in the North Sea, but also in the Western Baltic Sea.

I am also love to stay in the Mediterranean, the Sea of Marmara, the Bosphorus and the southwestern Black Sea).

In the south, I like to Senegal.



## Diet

I like worms, small bivalves, small fish and crustaceans.

My taste is sure: I locate my food by smell and touch. I also have sensitive taste buds under my muzzle.



## Curious facts!

I have a predominantly nocturnal activity. During the day, I can be observed more or less buried in the sediment.

To facilitate my travels over long distances, I climb close to the surface and let myself be passively transported by sea currents.

Source: FishBase Doris, FAO