

Food for fish: Challenges and opportunities for quantifying foodscapes in river networks

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Abstract

Riverine fishes face many challenges including habitat degradation and climate change, which alter the productivity of the riverscapes in which fish live, reproduce, and feed. Understanding the watershed portfolio of foraging and growth opportunities that sustain productive and resilient fish populations is important for prioritizing conservation and restoration. However, the spatiotemporal distribution and availability of fish food are poorly understood relative to other factors such as abiotic habitat quantity and quality (e.g., water temperature). In this paper, we build on the concept of “foodscapes,” and describe three components of food for fish, including abundance, accessibility, and quality. We then discuss methodological advances to help address three key questions: (1) Why is food availability hard to estimate? (2) What are the consequences of uncertainty in food availability estimates? and (3) What approaches are available or emerging for quantifying food available to fish? To address the first question, we characterize data acquisition and

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analytical challenges; for the second, we demonstrate the importance of evaluating and communicating potential consequences of uncertainty; and for the third, we posit opportunities for future work. Collectively, we highlight the need for greater appreciation of the role food plays in stream fish conservation, especially given its critical influence on responses to warming temperatures.

This article is categorized under:

Water and Life > Nature of Freshwater Ecosystems

Water and Life > Conservation, Management, and Awareness

Water and Life > Methods

KEYWORDS

food availability, growth, method, prey, production, salmon, synthesis

1 | INTRODUCTION

Individual growth is a critical life process influencing survival (Clark et al., 2016; Zabel & Achord, 2004), collectively shaping population dynamics, productivity, and resilience (Ahti et al., 2020; Korman et al., 2021; Peters, 1986). For riverine fishes and other aquatic organisms, growth is regulated by a complex suite of abiotic and biological attributes. Water temperature, in particular, has received significant attention and is commonly used to characterize habitat suitability and to predict climate change impacts; temperature effects on growth rates are well understood, and predictive temperature models are increasingly well developed (Barbarossa et al., 2021; Isaak et al., 2018; Isaak & Rieman, 2013). However, food availability and the energetic costs of acquiring food may be as important as temperature in governing growth rates (Beauchamp, 2009; Brett et al., 1969; Huey & Kingsolver, 2019; Railsback, 2022). In contrast to temperature and other abiotic attributes, understanding of the processes driving food availability across river networks and through time is not well-developed, and predictive models and heuristics are generally lacking. Consequently, food availability often receives less attention in management contexts (Naiman et al., 2012; Whitney et al., 2020; Wipfli & Baxter, 2010).

Relative to physical habitat and abiotic conditions in rivers, information about food availability is more difficult to collect, interpret, and predict (Rosenfeld et al., 2014; Weber et al., 2017). As a result, our understanding of spatial and temporal patterns of food resources in streams and rivers lags behind progress made in lake and marine ecosystems (Albouy et al., 2019; Peake et al., 2022; Simonis & Merz, 2019). It is unclear, even at a coarse scale, how food availability varies across river networks and through time (Rossi et al., 2024). Most studies have evaluated food variability only at discrete locations (but see Bellmore et al., 2013; Cross et al., 2013) and relatively small spatial scales (Heino et al., 2004). Furthermore, most studies only examine a short snapshot of food availability, generally during summer when stream flows are low and temperatures warm, overlooking seasonal variation that can be consequential to fish growth (Armstrong et al., 2021; Bacon et al., 2004). These limitations are often a consequence of the time and cost of collecting and processing samples at higher spatial and temporal resolution and scale, lack of standardized and comparable methodological approaches for collecting data, and a paucity of techniques for modeling the diverse ways that lotic consumers access prey across space and time.

The “foodscape” (Rossi et al., 2024) is a dynamic mosaic of linked habitats with different growth potential phenologies as seen through the eyes of mobile consumers that move among habitats and experience a shifting mosaic of food abundance, food accessibility, and physiological growth potential that together provide diverse foraging and growth opportunities across the landscape. Adopting a foodscape perspective when monitoring riverine ecosystems could promote better understanding of spatiotemporal patterns of food production for fish in rivers, what drives these patterns, and how they may change in the future. Embracing foodscape concepts can facilitate robust management and targeted conservation for threatened freshwater fishes (Strayer & Dudgeon, 2010).

Salmonids are an excellent model for understanding the complex effects of foodscapes on mobile stream consumers across different geographic regions (Muhlfeld et al., 2019). They are also widely distributed and occupy diverse habitats from headwaters to estuaries, tracking variable foraging opportunities and integrating across biophysical conditions to maximize growth. Understanding of how salmonids respond to their environments is relatively informed compared to other riverine fishes (Beauchamp, 2009; Brett et al., 1982; Rosenfeld et al., 2024; Zabel & Achord, 2004). However, the spatiotemporal availability of food has remained a critical but elusive element for evaluating salmonid growth potential

(Jensen et al., 2023; Thompson & Beauchamp, 2016), which is often estimated solely from water temperature and fish size (Bellmore, Fellman, et al., 2022; Rossi et al., 2024).

In our attempt to better understand the magnitude and variation of food availability for stream fishes, we elucidate three important components of food availability: food abundance (e.g., what is on display in the store window), food accessibility (e.g., the means for acquiring merchandise despite potential closures in the store, competition with other shoppers, concern about personal safety, and taxation), and food quality (e.g., the caloric and nutritional value of the purchase). The first two elements are key components described by Rossi et al. (2024), who also describe resource tracking (e.g., acquiring some goods from a local grocery store and others from the farmers market or big box chain to maximize food value at minimum cost) and physiological assimilation processes required for growth (e.g., health and genetic makeup of an individual that define its potential and realized growth). Here, we focus on abundance, accessibility, and additionally assert that food quality can play an important role (Figure 1).

Using this framework, we pose three key questions to ignite discussion about how best to collect, analyze, and use food availability information to improve conservation and management of lotic fishes: (1) Why is fish food availability hard to estimate? (2) What are the consequences of uncertainty in food availability estimates? And (3) What approaches are available for quantifying food availability? The first two questions characterize the challenges we face, and the third question identifies opportunities for addressing these challenges. Although we primarily draw examples from salmonids in North America, we suggest the take-home messages apply more broadly to other fish species and regions across the globe. We end with a synthesis of relevant future research directions.

2 | CONCEPTUAL FOUNDATION

Food availability can be defined as the proportion of food that foragers could potentially consume in a given habitat at a given time, as influenced by intrinsic and extrinsic biotic factors and abiotic factors that affect a fish's ability to detect,

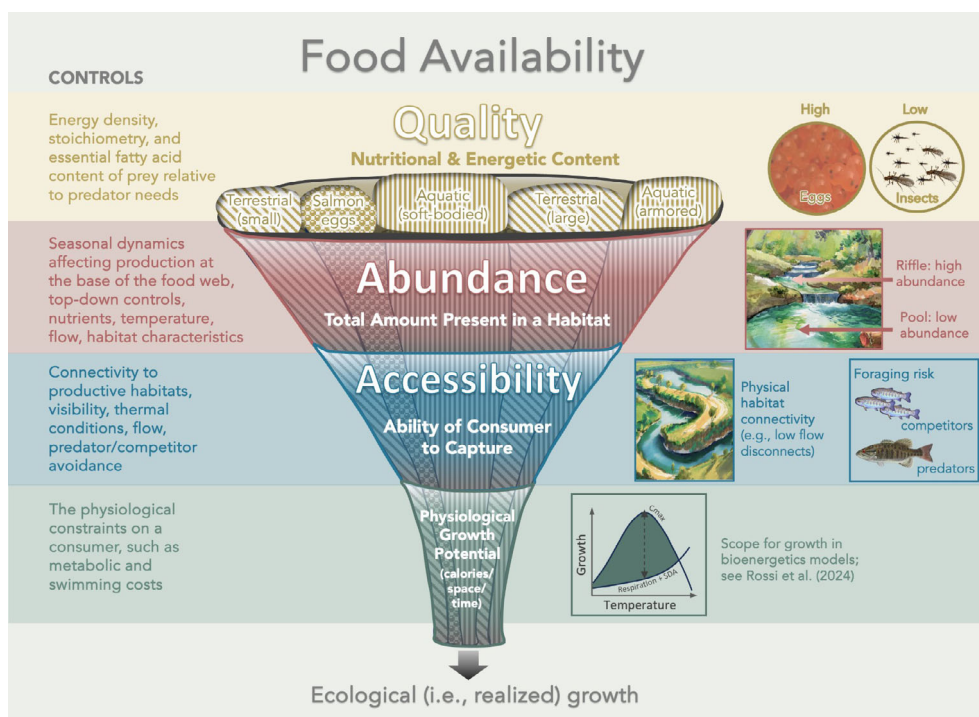


FIGURE 1 Food quality, abundance, and accessibility determine what food is available for fish to consume. For each element in the hierarchy of food availability, controlling factors are described along the left, and examples are illustrated along the right. The width of the hierarchy “funnel” illustrates the relative biomass available to fish as it passes through each filter. At the broadest level, abundance is set by food production, but what is ultimately assimilated by fish is filtered by how accessible food is to fish (reflecting foraging costs), and physiological constraints on the ecological growth, which is defined in foodscape models as the maximum growth rate a given consumer could achieve in a foraging patch as a function of food abundance, food accessibility, and physiological growth potential in space and time. Food quality broadly depends on its source and provenance, as illustrated with what is fed into the top of the funnel). *Source:* Adapted and expanded from elements in Rossi et al. (2024, fig. B1).

encounter, capture and assimilate said food (Rossi et al., 2024). Here, we focus on three important elements: (1) food abundance—the total amount of food present in a given habitat at a given time; (2) food accessibility—the ability of the consumer to encounter, capture, and consume food to gain energy despite foraging costs; and (3) food quality—the digestibility, energetic, and nutritional quality of food. Each of these elements varies through space and time across river networks (Box 1; Rossi et al., 2024; Wipfli & Baxter, 2010).

Some variability is broadly predictable over space and time (e.g., seasonality); however, variation in food availability at finer scales can be highly stochastic. Additionally, energy flow to fish in river networks arises from multiple pathways both within and outside streams, which vary in importance temporally and spatially (Wipfli & Baxter, 2010). Considering these different scales and sources of variability is paramount for quantifying food availability. Here, we briefly summarize factors that influence these three components of food availability, highlighting variability across scales. We focus on invertebrates as prey, but the discussion is also applicable to other food sources such as eggs or small fish. While the nature of some of these processes is well understood, others remain speculative, and few examples from empirical studies exist. It is our hope that highlighting this knowledge gap and its consequences spurs the additional work needed to comprehensively synthesize how these processes are influenced by anthropogenic impacts, including pollution, contaminants, and climate change.

2.1 | Food abundance

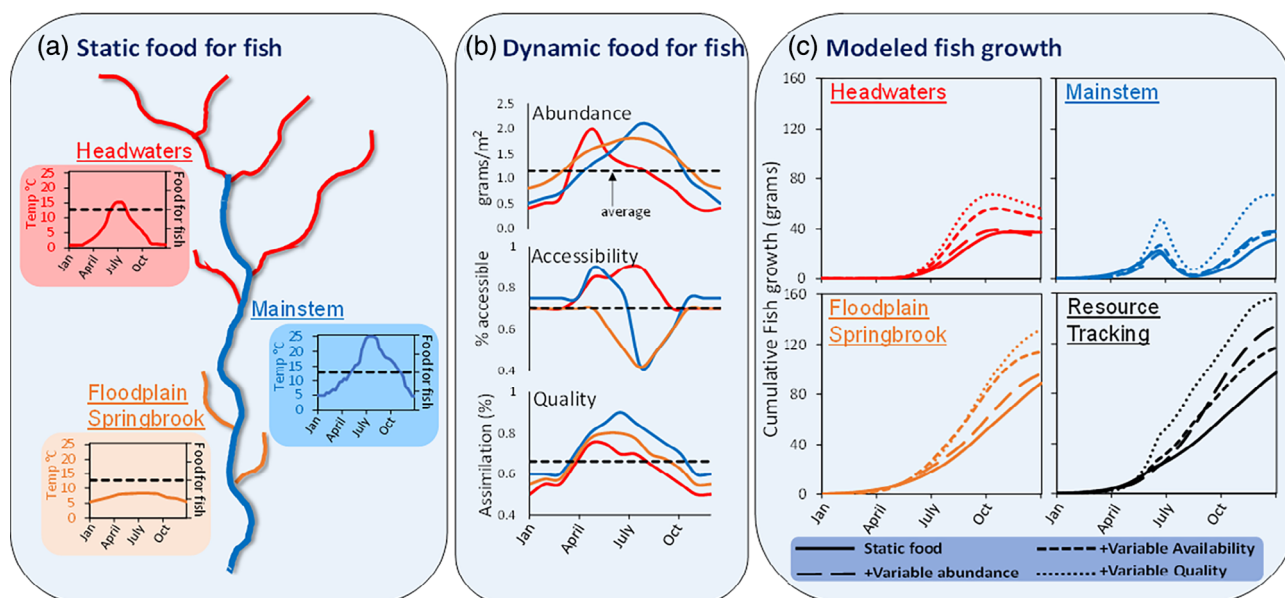
The abundance of food for fish is driven by in situ production rates as well as the timing, magnitude, and duration of resource subsidies, that is, food that is supplied from terrestrial, upstream, and marine sources (Wipfli & Baxter, 2010). At the broadest spatial scale, food abundance is expected to vary throughout river networks in somewhat predictable ways, tracking both in situ primary production and subsidies (Power et al., 2008). Seasonal and diel fluctuations in temperature and light drive variability in invertebrate production and behavior (Bishop, 1969; Nakano et al., 1999), and the river continuum concept (Vannote & Sweeney, 1980) predicts a general downstream increase in in situ production in more sunlit mainstem and floodplain habitats relative to narrow, shaded upstream headwaters where terrestrially-derived food can dominate (Nakano & Murakami, 2001). Spatial and temporal trends in prey abundance are driven by nutrient availability (N, P) (LaPerriere et al., 1983), which often limits primary production at the base of food webs (algae, macrophytes, and heterotrophic microbes), and is influenced by anthropogenic inputs (e.g., fertilizer), underlying geology, biotic contributions (e.g., nitrogen fixers such as alder) and in-stream cycling (Newbold et al., 1981). Primary production then facilitates productive riverine invertebrate communities, depending on its edibility, nutrient content, and assemblage structure (Lusardi et al., 2018; Power et al., 2008).

At smaller channel units or microhabitat scales, food abundance can vary considerably with substrate, velocity, depth, and structural complexity (Scholl et al., 2022). For example, Huryn (1996) reported five times greater benthic invertebrate production in areas with complex structural elements like wood relative to simplified and more easily mobilized sand substrate. Similarly, numerous studies demonstrate higher abundance of macroinvertebrates in riffles relative to pools (Herbst et al., 2018; Naman et al., 2017), and in off-channel wetlands relative to river mainstems (Bellmore et al., 2012). These observations suggest food abundance is frequently greater in some locations than in others (Fausch, 1984). Prey abundance also tends to be elevated in stream reaches with coarser unembedded substrate that provides moderately stable and abundant interstitial habitat (Scholl et al., 2022).

Investigations into discontinuities in river networks and abrupt changes in river network conditions and geomorphic processes (Benda et al., 2004; Montgomery, 1999) lead to the general prediction that productivity “hotspots” arise in areas of higher physical and biogeochemical complexity, such as tributary junctions and floodplains (Bellmore et al., 2012; Benda et al., 2004; Brewitt et al., 2017; Kiffney et al., 2006). Production hot spots in rivers (e.g., riffles), may differ from places where accessibility and settling of food are highest (e.g., pools) due to riverine hydraulics, and can occur from meso to microhabitat scales (Brewitt et al., 2017). The hydraulic-driven processes of deposition, concentration, and storage of organic matter can be primary drivers of spatial variation in food abundance (Bakun & Csirke, 1998; Humphries et al., 2020). Transitions in velocity (heads of pools, stream margins) may concentrate prey at low flows (Anderson et al., 2013) or the head of pool units (Hayes, Goodwin, et al., 2019).

Variation in food abundance from subsidies is also somewhat predictable over broad temporal scales. For example, seasonal cycles of temperature and sunlight in temperate regions drive relatively predictable fluctuations in terrestrial invertebrate subsidies from adjacent riparian vegetation (Marcarelli et al., 2020; Nakano & Murakami, 2001). Other resource subsidies like anadromous salmon spawning events have distinct seasonal components that provide key

BOX 1 The foodscape concept: riverscape heterogeneity promotes spatial and temporal variation in food availability



A main tenant of the foodscape concept is that riverscape heterogeneity promotes spatial and temporal variation in food availability, which in turn, promotes the growth of mobile fish consumers that can track foraging and growth opportunities as they shift across space and through time (Rossi et al., 2024). Many fish growth studies, however, implicitly assume that food availability is static across space, through time, or both (Panel A) and that difference in fish growth between habitats (e.g., headwaters, mainstems, floodplains) is solely a function of variation in water temperature (Panel A; Falke et al., 2019)—a variable that is relatively easy to monitor and is becoming widely available (Armstrong et al., 2021). Although water temperature directly influences growth and sets the maximum growth rates of fishes, the extent to which this maximum potential is realized is controlled by the quantity and quality of food consumed—which changes through time (Panel B). A growing number of studies suggest that food abundance, accessibility, and quality exhibit distinct seasonal cycles across heterogeneous river networks and collectively shape food availability. Not accounting for this spatiotemporal resource variation could result in inaccurate annual fish growth predictions for fish residing in different habitats, and especially for fish that move among habitats to maximize growth (Panel C).

We modeled juvenile salmonids growth in three different watershed locations (headwaters, mainstem, and floodplain) over a 1-year period. We first simulated growth assuming that food quantity and quality were static through time; that is, where simulated growth differences between habitats were solely affected by variation in thermal regimes (Panel A). For the static scenario, values of food abundance, accessibility, and quality were set at the global average of the dynamic food values presented in Panel B (the average is represented by dotted black lines). We then explored how seasonal variation in food abundance, food accessibility (proportion of food available to fish), and food quality (food assimilation efficiency) affected fish growth (see Figure 1), with each of these three components being iteratively added to the model analysis. Food variation substantially impacted simulated fish growth relative to static food assumptions, with cumulative effects observed as each component of food variation was added to the simulation (Panel C). Growth after 1 year was up to 100% greater in simulations that accounted for food resource variation. We also modeled how food variation impacts the growth of mobile fishes that track favorable foraging conditions as they shift through time across the landscape (“resource tracking” graph in Panel C). Seasonal variation in food resources had similar impacts on the annual growth of these mobile consumers.

Food abundance (a_t), food accessibility (δ_t), and food quality (ε_t) were used to model total energy assimilation on a daily timestep (t), as follows:

$$\text{assimilation}(t) = C \max_t \times \left(\frac{a_t \delta_t}{a_t \delta_t + k} \right) \times \varepsilon_t$$

where $C_{\max}$ is the theoretical maximum rate of food consumption, and is a density-dependent food-availability half-saturation value (value at which consumption is half the theoretical maximum value). $C_{\max}$ was calculated using the Wisconsin Bioenergetic model (Deslauriers et al., 2017; Hanson et al., 1997) parameterized for rainbow trout (*Oncorhynchus mykiss*). Fish growth was calculated at each time step by subtracting energy costs (respiration and specific dynamic action) from food assimilation. Values of food abundance, availability, and quality (Panel B) were synthesized to illustrate how spatiotemporal variation in food resources can affect fish growth. Although it would have been ideal to use empirical estimates, studies have yet to quantify the temporal dynamics of these different facets of food quantity and quality (Rossi et al., 2024). Thus, we made informed guesses about when and where food availability would be high or low. Both the static and variable food scenarios assumed an equal total amount of food.

energy inputs into streams that can comprise most of the annual energy budget for resident consumers in systems with sufficient run sizes (Schindler et al., 2008).

Finer scale temporal variability (e.g., diel fluctuations) in food abundance is also common. For example, invertebrate drift can be orders of magnitude higher at night and during crepuscular periods (Bishop, 1969). Decreasing flow along a receding hydrograph or increasing flow following spates can affect temporal concentrations of suspended invertebrates (Kennedy et al., 2016). Increasing flows may effectively dilute (Hayes, Moreira, et al., 2019; Naman et al., 2016) or conversely increase invertebrate drift (Naman et al., 2016), depending on invertebrate responses to changing hydraulics. Despite this complexity, most observations suggest seasonal declines in drift concentration with flow (Rashidabadi et al., 2022), reducing food availability during summer (Rosenfeld & Ptolemy, 2012; Rossi et al., 2021). Conversely, high flows may expand the resource-shed (Power & Rainey, 2000), the geographic extent over which invertebrates contribute to fish diets, by reconnecting habitats and transporting resources farther. Downstream fluxes may support drift feeding fishes by incorporating prey from a greater diversity of habitats (FitzGerald et al., 2023; Power & Rainey, 2000).

Disturbance and stochasticity are defining features of river ecosystems (Lake, 2000) and drive large and often unpredictable fluctuations in food abundance (FitzGerald et al., 2023). For example, short-term events in terrestrial riparian ecosystems, such as windstorms and high overland flows, can deliver pulses of terrestrial invertebrates to streams (Epele et al., 2021; Šabacká et al., 2012). Similarly, substrate disturbance from small storm events, landslides, or animal activity can temporarily elevate invertebrate drift and/or dislodge eggs from the substrate (Dewson et al., 2007; Moore et al., 2008).

2.2 | Food accessibility

Only a limited proportion of total prey energy is available to fish because numerous abiotic and biotic factors limit the ability of consumers to exploit food. Temperature, stream flow, velocity, visibility, and habitat structure are the primary abiotic determinants of prey accessibility in riverine networks, imposing key limitations on the ability of fish to encounter, capture, and consume food. Temperature imposes key physiological constraints on the amount of food fish can consume and assimilate, with consumption rates increasing alongside temperature to a threshold where sublethal and lethal effects occur (Brett et al., 1969). Variation in temperature across river networks is therefore a filter on the amount of food that can be consumed, and it can also influence access to productive foraging habitats via effects on swimming performance and aerobic capacity.

Flow also influences prey accessibility. First, hydraulic forces like velocity and turbulence impose constraints on the energy fish spend to encounter and capture prey (Hughes & Dill, 1990), rendering food inaccessible when water velocities exceed swimming abilities (Rosenfeld et al., 2007; Rosenfeld et al., 2024). Second, fluctuations in flow can alter foraging behaviors as fish respond to flow-induced changes in prey abundance (Caldwell et al., 2018; Rossi et al., 2021). Finally, flow fluctuations mediate access to seasonally disconnected off-channel habitats, floodplains, and ephemeral streams, where high prey abundance, lower velocities, and more optimal thermal conditions can fuel rapid growth (Jeffres et al., 2020).

Other abiotic determinants of prey accessibility also warrant consideration. Light and turbidity influence prey detectability (Fiksen et al., 2002; Young et al., 1997). Oxygen and other water quality attributes can act in a similar

manner as high temperatures and render foraging habitats inhospitable. Structural habitat complexity can both facilitate and constrain food accessibility; for example, flow obstructions can create favorable hydraulics for drift-foraging in otherwise harsh conditions (Shearer et al., 2015), but also create prey refuges that limit capture efficiency (Crowder & Cooper, 1982).

Food accessibility is also determined by an array of biological processes. Adaptive behaviors protect prey from fish predators (e.g., reduced diurnal activity to avoid visual hunters; Douglas et al., 1994; Peckarsky & McIntosh, 1998), but fish can adapt to accommodate shifts in prey composition (e.g., during adult insect emergence events; Wesner, 2016). Some invertebrate taxa such as case-making caddisflies have structural defenses that reduce their vulnerability to predation (Wootton et al., 1996). Even without structural defenses, some taxa may provide poor quality food as they remain mostly undigested (e.g., mud snails; Bruce et al., 2009; Vinson & Baker, 2008). As well, fish must be on the lookout for their own aquatic and terrestrial predators, balancing the benefits of foraging (net gain of energy to allocate toward growth and reproduction) with the risk of mortality from predators and environmental factors like flow (Railsback et al., 2005; Rossi et al., 2024; Werner & Gilliam, 2008). This effectively limits fish from accessing food in riskier areas and during riskier times (Metcalf et al., 1999; Walters & Juanes, 1993). Finally, competitive interactions between conspecifics and other fish consumers can limit food accessibility (Giannico & Healey, 1999). As a result, food availability exerts control on consumer production, but competitive interactions shape how this production is distributed among consumers. For example, a given level of prey availability could support a corresponding amount of production represented by a few larger individuals (e.g., older age class) or a greater number of smaller individuals (e.g., cohorts).

Food accessibility may be broadly driven by water temperature and hydraulic geometry across river networks. For example, constraints on food accessibility from high temperatures likely occur more often in downstream habitats and from ice in small streams at high elevations. Hydraulic constraints on food accessibility may generally track longitudinal patterns in hydraulic geometry (Laliberte et al., 2016; Leopold & Maddock, 1953). Accessibility patterns are sensitive to habitat complexity, riverscape discontinuities (Benda et al., 2004), and altered geomorphology and flow regimes arising from anthropogenic river management. Temperature and hydraulics also show predictable seasonal variation, with consequences for prey accessibility. By contrast, generalizable temporal predictions are more difficult because biotic influences on food accessibility vary temporally through river networks. Diel fluctuations in light may be the clearest indicator of risk (for both fish and their food), but how that risk is balanced against foraging benefits can vary with temperature, food abundance, energetic state, and body size (Metcalf et al., 1999; Reinhardt & Healey, 1999). Among well-connected habitats and over seasonal timescales, the concentration of invertebrate drift may track temporal patterns of benthic invertebrate density, but with high variation among taxa nested within this broader pattern (Kennedy et al., 2016). Stochastic influences on food accessibility may also be driven by episodic events such as rapid changes in flow that connect or disconnect foraging habitats (Heim et al., 2019; Huntsman & Falke, 2019; Limm & Marchetti, 2009), or rapid changes in conditions that influence predation risk (e.g., water clarity, predator density; Pinto et al., 2013).

Food assimilation, or consumption of accessible prey, is a natural extension of food accessibility. Realized prey consumption relies on the detectable encounter and successful ingestion of prey. For drifting invertebrates with limited mobility, capture success by fishes and other larger drift-foraging predators upon encounter can approach 100% at low velocities, whereas capture success could be considerably lower at higher velocities (Hill & Grossman, 2010) and turbidity levels (e.g., Zamor & Grossman, 2007). We refer readers to Rossi et al. (2024) for a fuller discussion of the physiological consequences of prey assimilation on individual fish growth, and how resource tracking by mobile consumers can lead to population-level consequences.

2.3 | Food quality

The food that fish encounter in rivers varies considerably in energy and nutrient content. The biomass, digestibility, and energy density of individuals vary widely among taxa (Cummins & Wycheck, 1971). For example, salmon eggs are energy-rich with 2–4 times greater energy content per unit mass than common aquatic invertebrates. There is growing appreciation for the importance of attributes of food beyond digestibility and energy content, including elemental composition (i.e., stoichiometry) and biochemical constituents such as fatty acids (Twining et al., 2016). For example, certain long-chain polyunsaturated fatty acids (PUFAs) are essential for physiological functions but are not found in similar concentrations across prey types (Guo et al., 2017). Arguably, food quality may be equally important to quantity as a dimension of food availability, and it is therefore important to understand how it varies in river networks.

Although assimilable energy varies among prey taxa, size distributions of prey relate to their taxonomic composition and seasonal phenology, which may be broadly predictable (Metcalf et al., 2002; Myrvold & Kennedy, 2020). Prey communities and size distributions differ across ecosystems; for example, invertebrates consumed by salmonids in streams are generally larger than those in lakes and floodplains (Dodrill et al., 2021; Jeffres et al., 2020; Keeley & Grant, 2001). However, at finer scales prey size distributions are often highly skewed toward smaller taxa (Neuswanger et al., 2022). This may partially reflect bias stemming from processing invertebrate samples (Dodrill et al., 2016), but also suggests that encounters with larger prey are less common and more stochastic (Dodrill et al., 2016; Hayes et al., 2000). Yet, body mass scales non-linearly with length (Sabo et al., 2002), such that the contributions of larger prey items to fish energy intake can be disproportionately high relative to their abundance. Consequently, the energetics of foraging should favor selection of larger prey items since consuming an equivalent biomass of smaller individuals requires increased time and energy spent. For example, by modeling shifts in the distribution of prey size toward larger individuals without changing biomass, Dodrill et al. (2016) demonstrated the potential for prey size to limit rainbow trout growth and maximum size. Alternately, small prey such as midges and mayflies can turn over rapidly (Huryn & Wallace, 2000), sometimes supporting most fish production (Bellmore et al., 2013), especially for juvenile or smaller bodied, gape-limited fishes (FitzGerald et al., 2023).

The origin of prey can yield vastly different nutritional quality as food resources. The energetic quality of food (i.e., caloric value) generally declines with water content, and increases with the digestible fraction of tissues (e.g., excluding shell or exoskeleton), life stage, and mass of prey taxa. Adult aquatic and all terrestrial insects contain much less water than immature aquatic insects, resulting in manifold higher energy density (Cummins & Wycheck, 1971). Thus, there is an underlying value of aquatic insect hatches and terrestrial insect subsidies, as these preys can provide more energy than larval aquatic insects of similar mass (Back & King, 2013; Parmar et al., 2022).

More subtle but nonetheless consequential attributes of food quality may be strongly linked to resource subsidy pathways. Food from aquatic-derived carbon contains essential PUFAs that are not available from terrestrial sources, and may limit riverine consumers (Brett et al., 2017; Závorka et al., 2021). Variation in the availability of these PUFAs may track spatial and seasonal trends in in situ productivity. Other pulsed subsidies, such as marine-derived salmon carcasses and eggs that result in increased growth of juvenile salmonids (FitzGerald et al., 2023; Kaylor et al., 2019) may contribute similar nutritional benefits and are broadly predictable in time and space (Gende et al., 2004).

Taken together, this suggests that it may be possible to coarsely approximate food quality based on knowledge of prey taxa composition and resource subsidy dynamics across a river network. Accounting for food quality (e.g., energy or lipid content) as well as the energetic costs of acquiring prey (i.e., Net Energy Intake) is one way to generate a more accurate estimate of energy availability than total prey abundance. However, true availability should also account for predation risk in food acquisition; this remains a challenge, and while risk is incorporated into some bioenergetic drift-foraging models (e.g., InSTREAM; Railsback et al., 2021), it is complex to parameterize and not universally implemented. Moreover, our understanding of how food quality varies at finer spatial and temporal scales and alongside environmental attributes such as temperature, nutrients, and flow remains rudimentary at best.

2.4 | Toward an integrated perspective on food availability

The constituent factors of food availability, together with the metabolic costs of acquiring and assimilating food are primary drivers of growth potential for fish (Fausch, 1984; Rossi et al., 2024; Warren & Davis, 1967). Dynamic changes in food abundance, accessibility (including foraging costs), and quality collectively create a foodscape that describes the variation in the growth of mobile consumers across riverscapes (Rossi et al., 2024). The foodscape concept encourages ecologists and resource managers to measure and model factors that drive food availability, and ultimately consumer growth potential, at spatiotemporal scales that match the life history of mobile consumers in river networks (Rossi et al., 2024).

Food *availability* is an emergent property of food abundance, accessibility, and quality, all of which are subject to stochasticity and interact in complex ways; for example, the heterogeneity of aquatic habitats may simultaneously increase opportunities for foraging and growth but reduce accessibility by providing predation refuges for different prey items (Bellmore et al., 2015; Williams et al., 1993). The dominant role of stochastic variation also implies that quantifying variance is as important as characterizing the mean (e.g., Jensen's inequality; Bernhardt, Sunday, et al., 2018). For example, some fish adaptively move throughout river networks to exploit variability in abundance, accessibility, and quality (Armstrong et al., 2010; Gowan & Fausch, 2002). In addition, clarifying the role of prey quantity vs. quality also

remains a critical uncertainty. Consequently, the role of prey quality for wild fish remains poorly understood. There may also be nuanced ways that nutritional diet composition influences fish performance; for example, research on other consumers (including humans) has suggested that eating a diversity of foods, including some that are perceived as low quality, could be beneficial for individual fitness and population stability (Provenza et al., 2021). This is poorly understood in wild fish and warrants future attention.

To operationalize this integrated perspective on food availability will require methods to estimate watershed-scale food availability. Collectively, the unknowns surrounding prey variability and quality challenge efforts to quantify and predict food for fish. In Sections 3 and 4, we summarize the key challenges in understanding what drives uncertainty around food available to fish and practical consequences of this uncertainty. In Section 5, we identify opportunities for better empirical assessment of food availability, the use of proxies to generate predictive models of potential food availability, and more effectively communicating potential effects of uncertainty in food availability. But first, we briefly consider how food availability may influence populations.

2.5 | Population level consequences of food availability

Although this review focuses on characterizing the nature and drivers of variation in prey availability in streams, predicting consequences for fish populations is an obvious applied extension. Scaling up individual-level mechanisms to population-level consequences is a formidable challenge for any environmental driver (e.g., temperature; Chevalier et al., 2022; Ficke et al., 2007; Savage et al., 2004), and linking food availability to population outcomes involves multiple assumptions that are often difficult to validate. These include assumptions that increased food translates to individual growth, that increased growth translates into increased survival and/or reproductive success (i.e., larger fish are better able to avoid predation), and that other factors are not more limiting than food availability. Nevertheless, because growth and consumption are commonly below satiation for many riverine fishes in the wild (Armstrong & Schindler, 2011; McCarthy et al., 2009), it is reasonable to infer that increased food should generally increase growth and survival in many ecological contexts.

However, population dynamics often exhibit emergent complexity associated with stage-specific habitat bottlenecks, compensatory density-dependence, and metapopulation dynamics that can dampen or amplify realized population outcomes relative to simplistic assumptions based on individual responses (Rose et al., 2001; Sirot et al., 2015; Wilson et al., 2023). Thus, not all food availability scenarios will have equal population-level consequences. Co-limitation by multiple factors (e.g., habitat and food) is common, and in scenarios where habitat for an early life stage is severely limiting (e.g., minimal spawning habitat) the population-level consequences of increased prey may be limited. However, food limitation is arguably unique because increases in individual growth often translate into elevated survival even under habitat limitation, which propagates to later life stages and can result in increased population size or stability (Rosenfeld & Hatfield, 2006); this will be true for increased growth and survival of individuals before or after any habitat bottleneck. While the relationship between food and population performance likely follows a saturating function, food effects will ultimately be mediated by other limiting factors, such as suitable spawning habitat or marine survival for anadromous fishes.

We can envision different scenarios where food availability is likely or unlikely to benefit populations. Conditions when food is likely to matter for populations include: (1) when habitat is sufficient but food resources are limiting due to low production (e.g., oligotrophic systems); and (2) when fish are abundant and per-capita food resources are limited due to high density-dependence. Food is less likely to matter for populations when factors such as low habitat availability, high temperatures, or stressful biological interactions are more limiting than food resources. High food levels may even be associated with negative population-level impacts when generated by drivers like eutrophication that create hypoxic conditions. In addition, food availability may have different population level consequences in different life stages. For instance, food supplementation may accrue minor benefits for a 2-year-old fish that is already large enough to avoid predation, whereas increased food may allow age-0 fish to grow large enough to avoid mortality by gape-limited predators. In this case, food supplementation for age-0 fish should convey larger population benefits than food supplementation for older fish would.

Despite this complexity, population effects of changes in prey can be measured or modeled. For instance, measures of prey abundance (e.g., invertebrate drift or secondary production) can be multiplied by stream discharge or habitat area to describe population-level prey availability (i.e., Bellmore et al., 2013; Naman et al., 2018). Empirical correlations between prey flux and fish density or biomass could then reflect the influence of food at the population level

(Jowett, 1992). Ecosystem ecologists have also long used estimates of prey production combined with eco-trophic efficiencies to estimate production of higher trophic levels (Lindeman, 1942), with many examples for stream fish populations (e.g., Bellmore et al., 2013; Poff & Huryn, 1998). For instance, drift-foraging models that estimate net energy intake (e.g., Naman et al., 2020) and in some cases growth can also be applied to predict fish densities based on the total area of energetically suitable microhabitats, which can be used to infer carrying capacity (e.g., Hayes et al., 2007; Wall et al., 2016) linked to dynamic population-scale life cycle models (e.g., McHugh et al., 2017). Individual-based models that account for prey effects on fish growth across life stages (e.g., InSTREAM; Ayllón et al., 2019; Railsback et al., 2021) provide a more formal framework for integrating changes in prey abundance into population-level effects. To fully address population consequences of food availability, practitioners should consider how density-dependence, habitat capacity and mortality risk change temporally across the foodscape. A comprehensive exploration of food-population linkages is beyond the scope of this review, but are fertile ground for future investigations.

3 | WHY IS FOOD AVAILABILITY HARD TO ESTIMATE?

To improve our ability to accurately characterize food available for stream salmonids, we need to better understand what controls prey variability and how these controls are nested across spatial and temporal scales (Neuswanger et al., 2022; Table 1). Although space and time are fundamentally linked, we explore these elements separately below.

Estimating variability in food availability at multiple spatial and temporal scales is logistically challenging (Heino et al., 2004). This has been exacerbated, in part, by studies more commonly targeting the assessment of invertebrate community structure and stream productivity rather than an explicit focus on food for fish. Consequently, fish ecologists have adopted sampling approaches that may be less suited for estimating resource availability for fish, and face uncertainty in translating these metrics (i.e., indices of biological integrity, IBI) into consumption, growth, or proxy indices of prey quality. Approaches for estimating aquatic invertebrate abundance and production typically use methods that only sample a small fraction (generally <1%) of habitat, such as with benthic samplers (e.g., Surber sampler) and drift nets. These sampling devices can be inefficient in river sections that are very slow (<0.1 m/s), very fast (>1–2 m/s), deep (>1 m), or structurally complex (Baxter et al., 2017; Rosenfeld & Naman, 2019). Although these approaches have been successful in estimating food availability at small spatial and short temporal scales, they are not as appropriate for empirically evaluating resource availability over longer time scales for mobile consumers that forage widely throughout river networks. In this case, errors associated with samples collected over very small spatiotemporal scales may become large when extrapolated over the much larger foraging areas used by fish across different months and seasons (Table 1). Due to the intensive nature of collecting and processing traditional drift and benthic samples, in

TABLE 1 Hypothesized types of uncertainty contributing to the relative variation in prey abundance among ecosystems, including stochastic variation, sampling (observation) error, and translation of sampled prey to prey availability.

		(1) Stochastic variation			(2) Sampling error		(3) Prey availability		
		Habitat heterogeneity (complexity)	Flow	Wind	Waves	Temporal sampling error variation	Spatial sampling error variation	Remote sensing potential for prey	Confidence in estimates of prey availability
Freshwater									
Streams	High		High	Low	Low	High	High	Low	Medium
Lakes	Low/medium		Medium	High	High	Medium	High	Medium	High
Estuaries	High		High	Medium	Medium	High	High	Medium	Low/Medium
Marine									
Nearshore	Medium		Medium	High	High	Medium	Medium	Low	Medium
Pelagic	Low	Low	High	Medium	Low	Medium	High	Medium	

Note: Each cell indicates the relative level of variation from low to high.

most cases, it would be prohibitively expensive and time-consuming to collect and process the samples required to adequately resolve these issues of scale for entire watersheds.

Response metrics (e.g., biomass, counts, IBI scores) vary across studies; thus, the transferability of results is unclear, and few generalizable proxies for food availability have been developed. Cross-system comparisons are further challenged by differences in the dominant factors limiting food production and availability (e.g., aspect, geology, vegetation), even among adjacent watersheds sharing many abiotic and biotic features. In lentic and marine environments, remote-sensing approaches exist for estimating primary production, and by extension, zooplankton production over broad spatial extents (Platt & Sathyendranath, 1988), but such broad-scale approaches are both rare and complex in lotic systems due to the unidirectional movement of water, channel complexity, and the difficulty of remote sensing in small streams covered by riparian forests.

Quantifying annual, seasonal, or daily estimates of food availability may obscure important episodic pulses in food subsidies (Armstrong et al., 2013; Bellmore, Fellman, et al., 2022; Rossi et al., 2024) that play a key role in the growth and survival of individuals, particularly sub-dominant fish whose survival may be highly dependent on resource pulses (Bailey & Moore, 2020). Ephemeral spikes in food abundance that are crucial for getting fish through lean periods may be hard to detect with traditional sampling approaches, but may become increasingly important to population dynamics in a changing climate as warmer temperatures drive higher energetic demand for food (Neubauer & Andersen, 2019; Wood & McDonald, 1997). Fish spawning windows provide pulsed subsidies of eggs, which are nutritionally rich but only present for a short duration. Traditional low-frequency sampling approaches are likely to miss these important events. Moreover, because salmonids are mobile and use a variety of habitats that shift through ontogeny, understanding resource availability requires understanding the portfolio of resource cycles that support fish in different habitats, including headwaters, tributaries, mainstems, and floodplains (Figure 2; Rossi et al., 2024). The ability to accurately sample prey differs across these habitats; it is easier to frequently sample Wadeable streams compared to larger mainstems. Furthermore, many habitats are in remote locations that make repeat sampling intractable.

4 | WHAT ARE POTENTIAL CONSEQUENCES OF UNCERTAINTY IN FOOD AVAILABILITY ESTIMATES?

Practitioners need information about how environmental change and management interventions affect food available to fish to make robust management decisions. This is underscored by strategies such as the Glen Canyon Dam Adaptive Management Program on the Colorado River that explicitly supported incorporation of food production and availability into management decisions, which was supported by large-scale experiments to probe uncertainty with respect to the foodscape responses and fish population linkages (including salmonids) (Cross et al., 2011; Deemer et al., 2022). Although the role of physical habitat in driving salmonid abundance is sufficiently well understood to meaningfully influence habitat management (Jorgensen et al., 2021), the equally important role of prey availability is not at the same level of empirical maturity to support informed management interventions. Below, we discuss challenges that assessments naive to food availability create for scientific understanding and effective management.

Recent advances in energetic and individual-based modeling have opened new frontiers for characterizing watershed-scale growth potential and climate impacts (Fullerton et al., 2022; Kaylor et al., 2021; Rosenberger et al., 2015). Yet these approaches have been primarily driven by advances in water temperature modeling, with limited characterization of food. For example, bioenergetics models have been used extensively to characterize growth and consumption rates (Falke et al., 2019; Sethi et al., 2022; Thompson & Beauchamp, 2016). Food availability and quality (energy density) are key parameters in these models, in addition to water temperature and fish size (Beauchamp, 2009; Railsback et al., 2021; Railsback & Harvey, 2011). Yet, for many bioenergetic model applications, food availability data are unavailable, and models resort to simple assumptions, for example, that food is of constant quantity and quality (Bellmore, Sergeant, et al., 2022; Fullerton et al., 2022; Railsback et al., 2021). Assessments such as climate-envelope or habitat reintroduction scenarios cannot predict future growth performance or fish distributions (Jensen et al., 2023) without considering how these may be mediated by food availability (Ayllón et al., 2019). Growth and its drivers can offer considerable insight into population dynamics of salmonids because size-selective mortality can play a significant role in regulating populations at multiple life stages, and growth performance at an earlier life stage can strongly influence survival in subsequent freshwater and marine life stages (Duffy & Beauchamp, 2011; Korman et al., 2021; Thompson & Beauchamp, 2014).

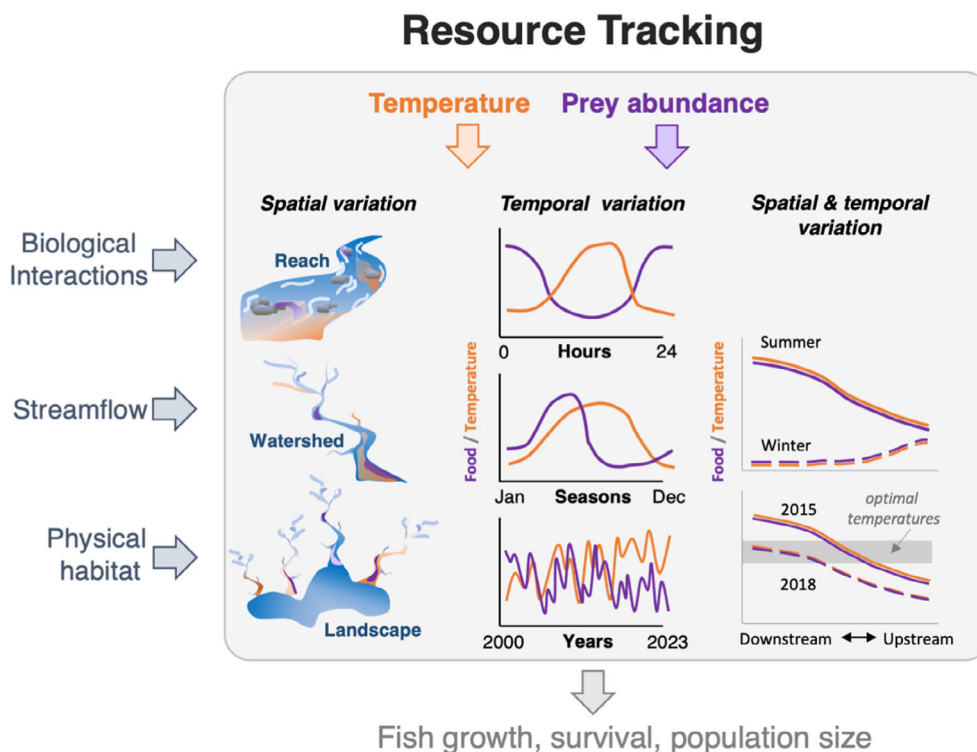


FIGURE 2 Fish are adapted to optimize fitness by tracking thermal and food resources that will maximize their growth and survival (Armstrong et al., 2021; Rossi et al., 2024; Schlosser, 1991). Both thermal and prey resources vary across a range of spatial scales including reach, watershed, and landscape (left column), and temporal scales including hourly, seasonal, and decadal (middle column). Variation in prey resources available to stream fish is affected by biological interactions, flow, and habitat in ways that remain poorly understood. For instance, downstream interactions between food and temperature may create upstream–downstream gradients (upper right panel) in the ratio of food to temperature that could maximize growth downstream in the summer, but minimize winter weight loss in upstream reaches. Similarly, interannual variation in food and temperature (lower right panel) may cause upstream or downstream shifts in the longitudinal distribution of optimal growth conditions.

Certain models have accounted for prey variation over time and space (Benjamin et al., 2020; Dodrill et al., 2016; Hayes et al., 2000). For instance, Hayes et al. (2007) presented a coupled hydrology and drift-transport model that aimed to predict spatial and temporal variation in food availability. Importantly, however, food is not directly addressed in life cycle models (LCMs), which are becoming an increasingly important tool for assessing factors limiting salmonid populations (e.g., Jorgensen et al., 2021). These models commonly incorporate density-dependent spawner-offspring relationships in which incremental increases in reproductive output correspond to decreasing additional juvenile production as competition for limited resources intensifies. Restoration efforts and modeled scenarios in LCMs often focus on reducing density dependence and increasing a system's carrying capacity by increasing suitable habitat area; however, increasing food availability can also reduce density dependence and support greater fish production. As an extreme example, hatcheries raise extremely high densities of juvenile salmonids within very small areas because they feed them and largely eliminate food limitations. Incorporating plausible management scenarios affecting the foodscape into LCMs may be an effective approach to evaluating population-level effects and food limitation. Prey abundance is typically simplified and assumed constant through time, which is not realistic. This can result in dramatically over- or underestimating potential fish growth (Box 1) and can bias management decisions. Recent modeling demonstrates that the net effect of climate change on ectotherms is highly dependent on how prey resources change with increasing temperatures (Ayllón et al., 2019; Huey & Kingsolver, 2019), and our current inability to predict climate-driven changes in food abundance with any confidence highlights the consequences of our current state of ignorance.

Uncertainty about food available to fish can undermine management plans. Overconfidence in predictions of population production without accounting for food availability could lead to over- or under-estimates of habitat value, which could influence population and habitat management decisions. Even if food is considered, unwarranted extrapolation could be inappropriate. Few restoration plans aim to restore food availability directly (Bilby et al., 2023; Naiman

et al., 2012). In most cases, there are longstanding and mostly unverified assumptions that fish are limited by physical habitat conditions, and restoring physical habitat will also benefit the food base (Whitney et al., 2020). Thus, restoration prioritization and effectiveness evaluation could benefit from considering how food availability affects growth potential rather than considering physical habitat attributes alone.

Productivity and food availability have already been considered in restoration approaches to some extent. For instance, increasing instream nutrients, for example, via carcass additions or nutrient fertilization (Samways et al., 2018) typically translates into an increased periphyton, macroinvertebrates, and growth of juvenile salmonids (Guyette et al., 2013; Kaylor et al., 2019; Kiffney et al., 2014; Samways & Cunjak, 2015). However, as pointed out by Benjamin et al. (2020), the persistence of increased fish productivity is dependent on sustained nutrient supplementation, recovery of the spawning population to a self-sustaining level, or the implementation of actions addressing other factors limiting production. Manipulation of riparian plant composition and structure is another way to improve food available to fish. It has been demonstrated that terrestrial invertebrate productivity in riparian areas adjacent to streams may be partly dependent on riparian plant species composition, with higher terrestrial invertebrate inputs to streams in reaches with higher diversity (Deal, 2007) and density of deciduous species compared to reaches dominated by evergreen species (Duncan et al., 1989). Reaches dominated by deciduous species may be associated with higher in situ invertebrate production because of higher light levels, especially before and after leaf-out (Hill et al., 2001).

Given that the intrinsic potential for producing prey differs across the landscape, food availability is critical for understanding the potential effectiveness of restoration strategies before investments are made. This knowledge can potentially lead to restoration practices that not only address physical habitat limitation but also food limitation.

5 | WHAT APPROACHES ARE AVAILABLE FOR QUANTIFYING FOOD AVAILABILITY?

Many of the challenges outlined in the previous sections are not insurmountable, and below we propose a variety of ways that researchers can better characterize *food for fish*. This involves rethinking how we collect information, repurposing and re-analyzing existing information, and more intentional assessment of the consequences of uncertainty about food and its management implications.

Although we focus on providing solution to quantify food availability, it is important to acknowledge that this knowledge needs to be integrated with the numerous facets of habitat diversity that influence spatiotemporal patterns of food availability, such as flow and temperature regimes, organism dispersal, resource subsidies, species invasion, antecedent conditions, and numerous other factors (nutrients, turbidity, etc.) (Naman et al., 2016; Wipfli & Baxter, 2010; Whitney et al., 2020). We also need to account for bidirectional relations on how physical habitat restoration also influences food availability (Coe et al., 2009). Finally, drivers of food availability including habitat characteristics are evolving rapidly under climate change, which not only modifies the drivers but also how they interact with each other. Accounting for these evolving dynamics remains a challenge that can be partially addressed by reducing uncertainties in foodscape knowledge.

5.1 | Acquiring data that can reduce uncertainty about food availability

Characterizing both stochastic and deterministic drivers of prey variation is a key step in generating more realistic predictions of growth and survival (Ayllón et al., 2019). Thus, we present a hierarchy of options from simple to complex and from individual fish to watersheds to help identify sampling approaches at the appropriate scales (Table 2 and Figure 3). The hierarchy ranges from coarse and inexpensive methods to precise and expensive methods, which should ideally be cross-calibrated as part of an overall validation process. As always, the best approach for data collection should be tied to specific research or management questions. Functionally, the approach will also depend on available resources for sampling, processing, and evaluating the data.

At the coarse end of the spectrum, food data can be broadly characterized using techniques that focus on analyzing bulk samples (i.e., total mass or abundance across all taxa) collected from the environment. For instance, plankton counters are routinely used to assess aggregate food abundance in lakes and oceans (Fulton, 1972; Kydd et al., 2018). Bulk samples could be useful for questions in streams, such as assessing total biomass or energy content available to fish. Bomb calorimetry (Ciancio et al., 2007) and whole sample mass are relatively fast (after sorting prey from detritus),

TABLE 2 Hierarchy of methods for assessing food availability for fish, that is, from simple (top) to complex (bottom).

Method complexity	What is collected	What it tells you	Cost	Accuracy	Scale	Limitations	Question addressed
Simple	eDNA—water or fish stomach, benthos/drift	Presence/absence	Low	Accurate, but need to account for environmental factors affecting eDNA turnover	Easily repeatable at different spatiotemporal scales. However, the scale over which the sample integrates, can be hard to determine and may change among species in the sample	Currently does not provide information on abundance, biomass or life stage	What prey are present and potentially available for fish to consume?
	Diet sampling (fish stomach content)	Prey consumed	Low	Accurate, but represents only recently-consumed items	Easily repeatable at different spatiotemporal scales. Could be repeated seasonally and combined with bioenergetics modeling to provide an integrative view of consumption and seasonal prey importance to annual consumer energy budgets	Can provide biased estimates for easily digestible prey and important feeding relationships can be missed	What prey are fish actually consuming regardless of what may be available in the habitat?
	Prey sampling (drift, benthic, etc.)	Prey abundance and flux at a specific time and place	High	Represents a snapshot of availability at a specific time and place, not necessarily what the fish consume	Difficult to repeat at different spatiotemporal scales due to time, cost and sample processing time	Each technique is biased toward certain types of prey (e.g., can exclude terrestrial subsidies) and may not align with prey consumed	What are estimated prey biomass and taxa proportions that are potentially available for fish to consume?
Complex	Stable isotopes/ Fatty acids	Energy transfer from prey to predator, integrating what was assimilated over time (rather than merely ingested)	Medium to high Can be decreased by targeting representative invertebrates	Potentially more accurate than other methods. Used to identify primary energy channels fueling fish production, with uncertainty		Elucidates types of energy ingested, but not specific taxa. Can be sensitive to isotope fractionation rates across trophic levels	How is energy transferred over weeks, seasons, or years?

Note: For each approach, we provide information about result type, costs, accuracy, appropriate spatiotemporal scale, limitations, and the questions it is best suited to answer.

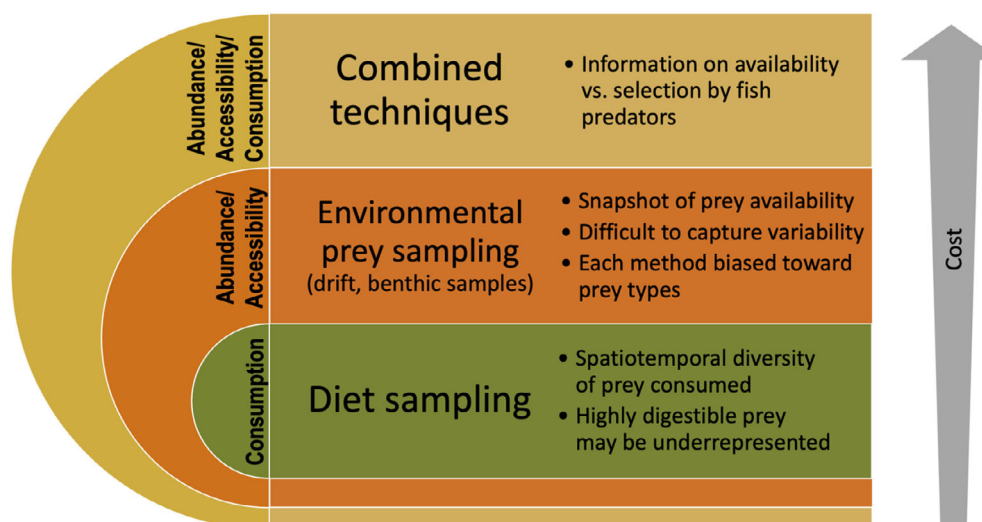


FIGURE 3 Sampling approaches for assessing food availability, accessibility, and consumption for stream fishes. Combined techniques provide more information about the availability of prey and what is selected by fish, but the cost (time and money) of combined sampling could make it difficult to replicate at spatiotemporal scales needed to characterize riverine foodscapes.

inexpensive, and feasible ways to address such questions. Environmental DNA (eDNA) sampling of taxa presence represents an avenue for broad-brush characterization of prey presence and diversity that has rapidly expanded in recent decades (Brantschen et al., 2021), but it is not yet a reliable approach for estimating prey quantity. This method could be particularly useful in cross-ecosystem comparisons, but if the goal is to generate improved empirical estimates of abundance, eDNA is unlikely to contribute to this in the short term. The tradeoff for the ease of data collection associated with these methods is that they involve many assumptions that need to be clearly articulated and evaluated.

At the next level down the resolution hierarchy are efficient methods that balance cost with information gained. Torgersen et al. (2021) provided a useful construct for efficient stratified sampling of a riverscape; they suggest that sampling more space at lower detail (i.e., seeing a sketch of the riverscape instead of detailed bits of the picture through holes in fabric) can provide a clearer picture of ecosystem function than traditional site-based approaches. A riverscape approach typically employs a large team of people to collect data synoptically. New community science methods based on rapid streamside identification of invertebrate prey taxa to family resolution (verified by experienced taxonomists) have proven useful for water quality monitoring (Armanini et al., 2011; Edwards et al., 2018) and could be an effective way to implement a riverscape approach for understanding food availability for fish. Streamside identification is only accurate to higher taxonomic levels, yet it still provides estimates of food groups (soft-bodied vs. armored insects or eggs), prey size and life stage, and provenance (terrestrial vs. aquatic taxa) that can generate empirical metrics of relative prey abundance. Traits of invertebrates, such as propensity to drift based on body morphology and habitat use can be translated into coarse estimates of availability (Esteban & Marchetti, 2004; Rader, 1997). Other active and promising areas of research include automation of traditional invertebrate drift collection (Neuswanger et al., 2022) and sample processing, and identification of invertebrates using artificial intelligence to process videos and images (Guri et al., 2023).

At the base of the resolution hierarchy are traditional site-based approaches that are detailed and precise but expensive, especially as sample size increases. Samples need to be identified to the lowest appropriate taxonomic level or functional group (McCarthy et al., 2009), and established regressions are then used to associate taxa with energy content for fish (Ciancio et al., 2007; Morley et al., 2020). Regressions to estimate energy content for new taxa may need to be developed by oven-drying samples in the lab, which can add time and expense. These sampling approaches risk missing important food pulses that are patchy or episodic. A potential benefit of this traditional detailed approach is that samples could be processed using chemical analyses to identify not just energy but also prey quality, including fatty acid content (e.g., Naman et al., 2022).

Instead of inferring what fish could potentially eat from environmental samples, a more direct approach is to evaluate fish stomach contents to see what fish are actually eating. Sampling fish diets may reduce costs because diets integrate food items from benthic, drift, and terrestrial sources, each of which would otherwise require separate

environmental sampling. When collected at high frequency, diet samples can detect ephemeral resource pulses that are typically not captured in drift and benthic samples, including large and/or highly nutritious prey such as salmon eggs (Armstrong et al., 2010; FitzGerald et al., 2023). The sample resolution hierarchy (Table 2 and Figure 2) is also relevant for characterizing fish diets. For instance, eDNA metabarcoding of fish diets can tell us what taxa fish are consuming (i.e., taxa presence), but at a coarser resolution than diet samples (i.e., taxa presence and biomass). As the number of fish diets sampled increases, so does investment, and there are clearly tradeoffs at different levels in the resolution hierarchy (Table 2 and Figure 2). The optimal tradeoff between investment and information depends on the study and the question(s) it is designed to resolve.

Although diet sampling may be a more direct representation of what food was actually consumed. It can be difficult to relate sampled prey abundance to what is functionally available for fish consumption. Prey sampling could represent what the predator could in theory consume (given accessibility constraints), or it could represent unconsumed surplus, that is, the leftovers; dynamics that depend on the respective densities of preys and predators (Yard et al., 2023). Fish feeding selectively on one taxon may suggest that it is the sole or primary source of energy available in the environment and may not reflect that there are abundant but less preferred options available. Additionally, fish can only eat what is served, and the lack of items in a diet sample may under-represent the importance of food items that are infrequently available (e.g., eggs). As well, soft-bodied invertebrates that are easily digested may be less well detected or identified in diet samples than in environmental samples (Chipps & Garvey, 2006), but this uncertainty can be minimized by sampling consumers during routine feeding periods. Diets can also be strongly influenced by density, so to interpret diets in the context of food availability, we need to know about the population, that is, are stomachs empty because of low food production or high densities of fish depleting resources. Existing sampling protocols generally measure indicators of prey abundance and use these to infer food availability for fish without considering that fish may not be able to consume all available food due to processes like encounter and attack rates, capture success, and prey selection, even if these parameters are estimated from foraging models (Naman et al., 2020; Railsback et al., 2021). Therefore, fish diet sampling methods are in need of widespread adoption of standardized methods (Amundsen & Sánchez-Hernández, 2019) so that data are comparable across river reaches, riverscapes, and regions.

Tracers such as fatty acids and natural levels of stable isotopes offer a valuable, time-integrated complement to diet analysis. Fatty acids have potentially higher resolution among functional taxa than stable isotopes in lotic systems where invertebrates are the predominant energy source (Brett et al., 2017). Compound-specific stable isotope methods are becoming easier and cheaper to implement and estimate carbon sources used for somatic growth over several months (Thorp & Bowes, 2017). Stable isotopes are most valuable when isotopic signatures of all primary prey categories are represented and distinguishable. When both diet and ambient samples of invertebrate drift and benthos are available, deviation between what is present in the diet and in the environment provides a basis for empirically converting ambient abundance to available food (Rader, 1997). Using bioenergetics models in combination with diet, fish growth, and thermal regime can provide additional insights about prey taxa importance to seasonal growth and overall annual energy budgets (Jensen et al., 2023; Thompson & Beauchamp, 2016). Explicitly fish-focused approaches for quantifying prey availability can facilitate integration across multiple studies.

In addition to evaluating diet information, field estimates of fish growth can potentially inform *food for fish* through consumption estimates (Weber et al., 2014). Growth patterns, when coupled with bioenergetic modeling that accounts for variation in temperature and other factors, can estimate prey consumption, which can be used to provide an indication of food abundance, availability, and quality. Such information can be particularly informative when scaled or coupled with population level demographic information (Korman et al., 2021; Yard et al., 2023). This approach (starting with observed growth) turns the inference problem around (i.e., what food resources must have been available to support this growth?). Fish can be viewed as effective samplers of food resources, indexing food abundance, availability, and quality through their growth, and ultimately address questions at the population level.

5.2 | Using heuristics as indices of food availability

While the suggestions above could improve our understanding of the food available to fish, management decisions often cannot wait years or decades for new data collection. In the near term, heuristics based on existing information could be used as proxies. Heuristics could explain when and where we would expect ecosystems to be more productive, and these hypotheses could be used to inform decision-making.

Some predictions of spatiotemporal patterns of food availability from environmental characteristics exist. For instance, Bellmore et al. (2017) presented a model linking river food web dynamics to in-stream habitat and riparian conditions. This model was later parameterized with empirical physicochemical data (Bellmore, Fellman, et al., 2022) to predict seasonal biomass dynamics of aquatic primary producers and consumers and the growth of juvenile salmon in a simplified river network. This demonstrates that environmental proxies can be used to represent food available to fish. Proxies could include water chemistry (LaPerriere et al., 1983), conductivity, temperature, nutrients, light penetration, geomorphology, hydrology (groundwater, snowmelt, rainfall), stream metabolism, or biological factors. Some have postulated that benthic invertebrates collected commonly in biomonitoring programs could be used as a proxy for rapidly assessing the food available in drift (Sullivan & White, 2017). A meta-analysis comparing (or cross-calibrating) invertebrate drift or benthic abundance with a suite of proxies could inform whether proxies are strongly related or too variable or context-specific to be transferable across streams (Shearer et al., 2003) and extrapolated across geographic space.

Bernhardt, Heffernan, et al. (2018) pleaded for linking stream metabolism and gross primary production (GPP) to organism productivity and phenology. Despite logistical challenges to quantify GPP across broad spatiotemporal scales in streams (which are more difficult than in marine and lentic systems), it has become easier to model due to inexpensive dissolved oxygen loggers and widely available software (Appling et al., 2018). Invertebrate productivity is linked in principle to GPP, and pathways linking GPP to fish can be modeled, representing an inexpensive approach complementary to empirical invertebrate and fish monitoring (Rüegg et al., 2021). However, a high proportion of GPP may be inedible or poor quality as food for aquatic invertebrates (e.g., thick algae mats, macrophytes) and thus not tightly linked. Moreover, there may be temporal mismatches attributed to invertebrate life cycles such as loss of biomass and production from invertebrate emergence coinciding with high GPP. More research is needed to improve the linkage of GPP to fish food.

5.3 | Assessing the consequences of uncertainty

Few studies have examined the consequences of using inaccurate predictions about food (but see Ayllón et al., 2019; Dodrill et al., 2016; Huey & Kingsolver, 2019). It would be invaluable to decision-makers to have estimates of food uncertainty magnitude and how uncertainty might propagate to decisions about managing fish populations. It is worth considering how far off a decision target would be if assumptions about food are wrong. Here, we posit some opportunities for better clarifying potential consequences of uncertainties.

At the broadest level, we can ask—and attempt to answer—where and when understanding food availability for fish is important enough to warrant additional scientific inquiry (Beauchamp, 2009; Huey & Kingsolver, 2019; Railsback et al., 2021). There may be general conditions under which information about food is critical (e.g., when water temperatures or fish densities are high) and when it can be given lower priority or held constant because effects of non-food drivers of fish production predominate (e.g., water temperatures or fish densities are within tolerable ranges) (Dill & Fraser, 1984; Martel, 1996; Metcalfe et al., 1986). Take, for example, a decision about whether to introduce anadromous salmonids above a dam. If growth potential above the dam is likely to be insufficient to support smolt production at levels consistent with population productivity goals, that should be a signal that more research is needed to evaluate options before investing in introductions and fish passage efforts (Jensen et al., 2023). During critical periods when growth disproportionately influences survival or production, understanding food availability in either quantifiable or categorical terms can provide valuable insights regarding vulnerabilities or consequences for individual and population-level outcomes (Duffy & Beauchamp, 2011; Thompson & Beauchamp, 2016).

Uncertainties may be most important to quantify along the steep cline of bioenergetic response curves where rates (metabolism, consumption, growth) change rapidly, whereas relatively flat portions of response curves may be less consequential (Lusardi et al., 2019). Generalities in understanding will help us address contextual questions such as when fish can withstand increased water temperatures due to climate or anthropogenic change by simply consuming more (Huey & Kingsolver, 2019); what habitats and life stages allow fish to grow rapidly, thereby escaping gape-limited predators; and what refuge habitats will be needed for fish to maintain stasis during stressful conditions.

One element of food availability that may contribute substantially to uncertainty is food quality. Food quality remains of unknown importance in fish production estimates and is an emerging research frontier. Until we better grasp the dynamics of this process, we can acknowledge its potential importance in a simplified way. One way is to categorize baseline ecosystem productivity as key trophic pathways along axes such as oligotrophic-eutrophic or

allochthonous-autochthonous. Ecological community description (Cohen et al., 2003) could link prey size, abundance, and trophic status to predation susceptibility of prey assemblages. By separating trophic pathways, uncertainty associated with food quality could be somewhat isolated, as well as its relative effect on fish growth compared to other elements of food availability (abundance, accessibility).

Sensitivity analysis is a powerful tool that can highlight useful generalities, establishing which elements we most need to understand, and the consequences of varying prey abundance for population outcomes (Ayllón et al., 2019). Sensitivity analysis is a standard feature in modeling (Fullerton et al., 2010; Pianosi et al., 2016; Steel et al., 2009) and can help us understand where assumptions of food invariance are most likely to lead us astray. Outcomes can identify the most sensitive variables (Power et al., 1998) which will help users optimize investment in monitoring and restoration. For instance, Armstrong et al. (2013) found that averaging conditions within a larger reach (1–2 km) or modeling smaller reaches (e.g., 200 m) without considering daily fish movement would not capture the potential of the larger site in aggregate. In Box 1, our simple heuristic bioenergetic simulation illustrates that inadequate knowledge about food quantity and quality can dramatically affect predicted growth of juvenile salmonids. We illustrate that seasonal patterns in food abundance, accessibility, and quality are important determinants of fish growth. Similar analyses could be performed using existing empirical data and used to examine potential impacts of uncertainty in food availability in real riverine ecosystems.

6 | CONCLUSIONS AND FUTURE DIRECTIONS

Arriving at a better empirical (and above all predictive) understanding of the drivers of fish food in streams is a logical and necessary progression in fisheries management. Practical necessity favors accelerating this process relative to the decades of studies that were necessary to arrive at our current empirical understanding of physical habitat or temperature constraints on salmonid production. While conceptual insights into the processes driving food availability are essential, credible conservation and management decisions require a parallel focus on developing empirical (Rashidabadi et al., 2022) or mechanistic (Ayllón et al., 2019) models of variation in food availability. To this end, we identify a short list of key research priorities:

1. Develop new and innovative sampling methods for more accurately characterizing food abundance in streams that can be optimized for different study designs and for making comparisons across scales (Neuswanger et al., 2022). Sampling protocols should describe how to position samplers relative to depth, channel width, and velocity (Weber et al., 2017). Protocols should include guidance on sample timing that accounts for periodicity (e.g., diel cycles) in when invertebrates drift and drop, and when stream fishes feed. Community science data collection and automated sampling can especially benefit from standardized protocols. For instance, emergent aquatic invertebrates can be collected by river rafters, enabling more synthetic analysis over an unusually broad spatial extent (Kennedy et al., 2016; Metcalfe et al., 2023).
2. Advance methods to convert abundance of prey to metrics of available prey. New methods should integrate biological and abiotic factors holistically into credible, quantitative, and generalizable methods that translate ambient prey abundance to metrics of what is accessible to fish. Such methods should reflect process (Green et al., 2019), habitat, and biotic-driven context-dependence (Rosenfeld et al., 2022). This includes expanding and validating the use of easily-measured proxies of food abundance (benthos, drift, terrestrial drop; LaPerriere et al., 1983) that can be cross-calibrated to more direct measures of available food (i.e., based on diet analysis or bioenergetic estimates of consumption).
3. Perform research to better understand how flow, temperature and physical habitat affect prey availability. More work is needed to quantitatively understand how these factors affect the production and availability of prey for stream fishes. Flow regimes influence nutrient and sediment retention and accumulation and set the stage for what types of prey colonize and live in different habitats. Flow influences prey distribution and concentration, that is, through transport (Hayes et al., 2007) and deposition at high flows (Humphries et al., 2020). Flow also affects intrinsic substrate associations (Scholl et al., 2022) and the potential for baseline hydraulics to concentrate drift (Shanks et al., 2018). As well, many empirical studies have established relationships between temperature and biological production. Meta-analysis synthesizing temperature effects on aquatic invertebrate production in streams is needed as a first step toward developing predictive models of temperature effects on fish food production. Given that empirical

approaches are often expensive and slow to implement, testing different predictions from metabolic theory could help clarify uncertainties and improve modeling predictive power.

4. Produce predictive models of food availability that can be used in conservation and management. More general development of quantitative, transferrable, predictive models of how food availability responds to multiple drivers are needed (Bellmore et al., 2017). This may involve complex relationships among many factors beyond temperature, flow, and physical habitat. Predicted food availability can be mapped across a watershed or plotted over time to provide information to managers tasked with deciding when and where to implement nutrient supplementation or other restoration actions.
5. Conduct integrative or bioenergetic modeling simulations to understand more explicitly the importance of variance in prey availability (including stochasticity) to individual fish growth, survival, and population persistence. These models can clarify the impacts of changing environmental conditions and can help parse effects of water temperature, flow, and food availability, among other stressors. Such models can help answer, for example, when and where sufficient food enables fish to withstand unfavorable temperatures and, conversely, when optimal temperatures are insufficient due to a lack of food. Sensitivity analyses can help bracket and inform the myriad sources of uncertainty. Individual-based and bioenergetics models can be coupled with population level demographics information to provide broader insights into population and community viability.
6. Align monitoring and research with ongoing habitat manipulations associated with large-scale restoration projects to understand the direct effects of management interventions on prey availability and food webs (i.e., adaptive management; Naman et al., 2022). For instance, food supplementation and system fertilization experiments have had both positive effects on salmonids (Johnston et al., 1990) and neutral effects (Compton et al., 2006; Janetski et al., 2009). These results likely depend on the spatial and temporal scales over which results were assessed.
7. Finally, integrative research is needed that explicitly connects individual and population-level processes to help assess the circumstances under which foodscapes are limiting to fish and when populations are more limited by other factors, as described in Section 2.5.

A coherent and effective research program focused on variation in *fish for food* is essential because we know that the outcome of environmental change scenarios (e.g., climate change effects on temperature and flow) will likely be highly sensitive to concomitant changes in prey availability (Huey & Kingsolver, 2019). Increased food abundance or quality under climate warming may partially mitigate negative impacts, while decreased food could make impacts much more severe than anticipated. Similarly, fish habitat management can be enhanced by a better empirical understanding of drivers of food availability and better techniques to monitor those drivers. Food availability remains a surprisingly untapped frontier for fish ecology, whose timely and efficient synthesis is long overdue.

AUTHOR CONTRIBUTIONS

Valerie Ouellet: Conceptualization (lead); project administration (lead); supervision (lead); visualization (lead); writing – original draft (lead); writing – review and editing (equal). **Aimee H. Fullerton:** Conceptualization (lead); project administration (lead); supervision (lead); visualization (lead); writing – original draft (lead); writing – review and editing (equal). **Matt Kaylor:** Conceptualization (equal); visualization (equal); writing – original draft (equal); writing – review and editing (equal). **Sean Naman:** Conceptualization (equal); visualization (equal); writing – original draft (equal); writing – review and editing (equal). **Ryan Bellmore:** Conceptualization (equal); visualization (equal); writing – original draft (equal); writing – review and editing (equal). **Jordan Rosenfeld:** Conceptualization (equal); visualization (equal); writing – original draft (equal); writing – review and editing (equal). **Gabriel Rossi:** Conceptualization (equal); writing – original draft (equal); writing – review and editing (equal). **Seth White:** Conceptualization (equal); writing – original draft (equal); writing – review and editing (equal). **Suzanne Rhoades:** Conceptualization (supporting); writing – original draft (supporting); writing – review and editing (supporting). **David A. Beauchamp:** Conceptualization (equal); writing – original draft (supporting); writing – review and editing (supporting). **Peter Kiffney:** Conceptualization (equal); writing – original draft (supporting); writing – review and editing (supporting). **Martin Liermann:** Writing – review and editing (supporting). **Beth Sanderson:** Writing – review and editing (equal).

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The authors declare no conflicts of interest. Any use of trade, firm, or product names is for descriptive purposes only and does not imply endorsement by the U.S. Government. [Correction added on 28 October 2024, after first online publication: The disclaimer statement has been added.]

DATA AVAILABILITY STATEMENT

Data sharing is not applicable to this article as no new data were created or analyzed in this study.

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