

TOP TIPS - HOW TO MAKE RESPONSIBLE SEAFOOD CHOICES

By making a few changes to the seafood you eat, you can help protect the oceans and the communities that depend on them for food and income.

These top tips are for the general adult population.

Even the best managed fisheries or farms cannot satisfy unlimited increase in demand. Reduce the pressure on our five national favourites by **Trying Alternative Species**.

Farmed filter feeding marine organisms don't require feed and so reduce the risk of pollution. **Try Eating Lower in the Food Chain** as these species produce protein in a very efficient manner.

Try Lower Emission Seafood from fisheries and fish farms offering animal protein with a smaller carbon footprint.

NUTRITION

It is recommended that adults eat two portions of fish per week, at least one being oily as a source of essential **Omega 3 Fatty Acids**.

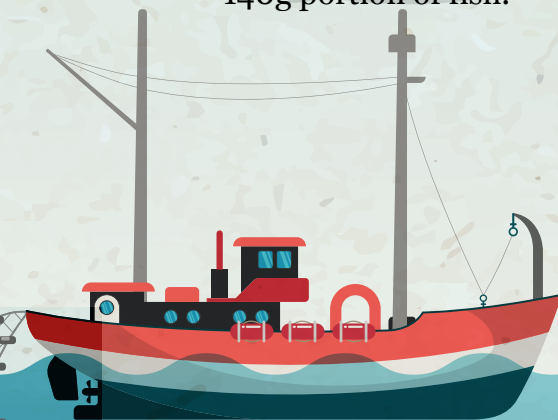
Clams, mussels and scallops are good sources of **Iron, Zinc and Vitamin B12**.

50-60% of an adult's **Daily Protein** requirements can be provided by one 140g portion of fish.

EXAMPLE HARVESTING METHODS



MIDWATER TRAWL



PURSE SEINE



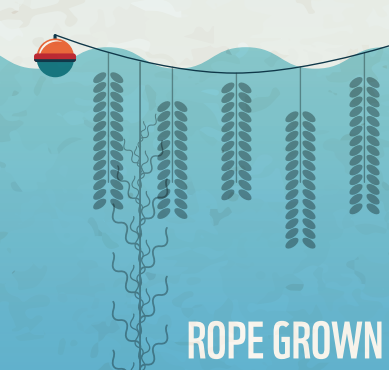
TROLL



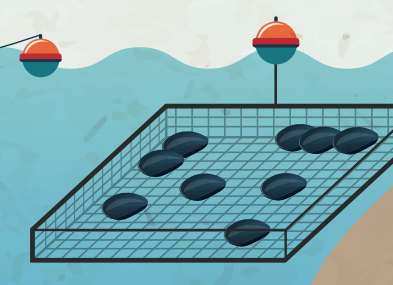
BOTTOM LONGLINE



HAND-DIVING



ROPE GROWN



TRAY GROWN

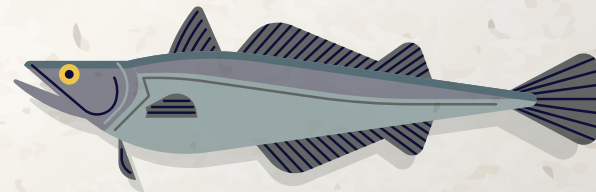


HAND-RAKING

Our National Favourites are cod, haddock, prawns, salmon and tuna, making up roughly 63% of all fish sold.

WEEK 1

Instead of choosing cod for your fish and chips, try Alaskan pollock or European hake.



UK takeaway fish and chip shops serve roughly 103 million portions of fish and chips per year.

WEEK 2

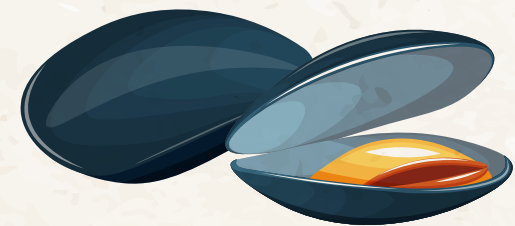
Try a low emission species such as sardines or anchovies caught by purse seiners.



Purse seining uses 1/3 of the fuel of fishing gears dragged along the seabed.

WEEK 3

Try shellfish, such as blue mussels or hard clams. These species are filter feeders and are low in the food chain!



These species are very efficient at converting tiny microorganisms into high quality protein edible for people.

WEEK 4

Eat plants from the sea! Try seaweed such as nori and dulse.



Moderate consumption of edible seaweed species can be a rich source of nutrients like iodine.

TRY A PLANET-BASED DIET WITH THESE DELICIOUS ALTERNATIVES

EXAMPLE SPECIES

Here are some example species that you can try. Just take a look at the key to see how it works!



European anchovy
Purse seine
Spain



European hake
Bottom longline
Ireland



Sardine
Purse seine
Morocco



Mussels
Rope grown
Scotland, Chile



King scallop
Hand-dived
United Kingdom



Calico scallop
Rope or tray grown
Peru



Hard clam
Hand-raked
Vietnam



Seaweed
e.g. nori, dulse, laver (slake)
Rope grown
China, Korea, UK, Ireland



Alaskan pollock
Troll or mid-water trawl
United States

KEY TO SPECIES

- Alternative
- Low emission
- Low in the food chain
- Oily

SEAFOOD'S CARBON FOOTPRINT

Fuel Consumption of vessels determines the carbon emissions of wild capture fisheries. **Amount and Type of Feed** determines the carbon emissions of fish farms.

Find more on the role of seafood
www.org.uk/sustainable-seafood



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