Appendix B - Food choice chart (detailed version)

			Salmon		Other fish and shellfish					Plants			Omega 3dietary supplements	
		Salmon (land farming)	Salmon (seafarming)	Organic selmon	French farmed smoked trout	Canned yellowfin tuna (caught)	Sardines, meckerel	Shelflish (mussels, oyslars)	Alpe	Linseed oil (organic)	Rapeseed oil (organic)	Smoked salmon imitation	DHA/EPA fish oil supplements	DHA/EPA plant- based dietary supplements
	Toxic elements	h : PCR FFAS and recorplacks contembration. Main mode of impregnation; only fish and shelfish	5 - PCB, PFAS and microplastic contamination. Main mode direprogration: oily fish and shellfish	5-PCB and PPAS contemination possibly higher than in new argains farest salves tha 15 feed composition conteining more small policy; fish	5 - PCB, FFAX and reimplantic contempration	E Tuna is the fan with the highest level of therousy contentional co.	5 - Oily fish are among the species most contaminated by persistent organic pollutants	4 - Shelfish are among the bod choices that contribute most to heavy metal exposure	2 - Varies according to water quality	1 - Organic linaced oil c o n 1 a i n s no toxic elements (PCDs, PFAS, microplartics)	1 - Organic repeased oil cartains no toxic elements (PCBs, PFAS, microplastics)	Smeited salmon imitation contains to take elements (PCB, PFAS.), recoplastics)	6 - PCB-sortaminative	A plant-based dietary supplement contains no toxic elements (PCBs, PFAS, microplantos).
	Daily coverage in emega 5, in percentage per 100g of product - Woman m	2 - Eating 190g of envised eathern daily covers 72.6% of daily on age 3 requirements. DHA and EPA onega 2s	2 - Cating 100g of amound samon dely covers 72 dN of dely omega-3 requirements. OHA and EPA omega-3s	Daily consumption of 100g of emoked service some 12 ft of 4 day emaps 3 explanates. Dresp 3 de CPA to CPA and CPA type Landauer, the figure should be higher, given that organic service consumes more tien meet and less vegetable metter.	3: Censuming 100g of empked frout delty covers \$1.3% of delty creege 3 requirements. DHA and EPA criege-3s	5 - Eating canned yellow/in brea covers 28 6% of daily omega-3 regularments. CHA and EPA onega-2s	Eating 100g of serdines/mackersi delly covers 93% of dely creeps-3 requestments. DHA and EPA cricops-3s	5 - Earling 100g of sheetbah dely covere 16.5% of Gelly amongs 3 requirements, DHA and 69% Omega 3s	8 - Sussephildhels not same orange 3	Consuming 193g ofrspessed oil deliy covers 2917% of delity corrego-3 requirements: tesspoon e day provides 100% of dely intaks. ALA-type Omega 3	A dely inteke of 100g of represent of covers 228% of dely oregalloguizements. It is a better on the covers of the provides 100% of dely inteke. ALA-type Ontage 3.	2 - Consuming 100g of simil disky covers 74% of disky covers 3 to disky covers 3 to disky covers 3 DHA.EPA type	na	na
	B Daily coverage in emiga 3, in personage per 100g of product - Men	3 - Eating 190g of emoked saltvortdally covers 55 6% of daily on eqs-3 requirements. DHA and EPA onegs-3s	Taking 100g of emoked salmon delly covers Sh of delly onege-3 requirements. DHA and EPA onege-3s	Esting 100g of anoked satmon daily covers 66.6% of skilly onega-3 requirements. CHM, and EPA onega-3s	3 - Eating 160g of amount salmon daily covers 51.3% of daily omage-3 requirements. DNA and EPA omage-3s	5 - Eating canned yellow/in hana covers 22% of dely onego-3 requirements. 3, DHA and BYAsinage-3s	2 - Eating 100g of smoked salmen daily covers 71.4% of daily emage.3 requirements. DHA and EPA onege-3s	 Family 170; of shadow dudy covers 12.3% of dudy coverage 3 may be health. Dokk and 1744 from paids. 	na .	1 - Comuning 100g disspessed oil daily covers 1777% of daily covers 1777% of daily comps. Texplatement: 2 feespoons a day provide 100% of daily trasks. ALA-type Omega 3	Delly consumption of 190g of represed oil covers 251% of delly ome ga-3 moylements. It is Statisespoons a day provides 100% of delly Intake. ALA-type Omega-3	3 - Eating 100p of simil delty covers 54-0% of delty omega-3 requirements. Omega-3 DHA-EPA type	na	na
	Financial cost for 31 days		6- 638				5- 55,49E			1- 2,65€			3 - 17,80€	2 - 13,30€
	Biodiversity	578 GA Core depends, recovers depends— through environment pressures travel to sale state field, the supply of expected made conditions to conditionations in the above to real of an opposition of the above to real opposition of the above to real opposition opposition of the above to real opposition of the above to real opposition opposition of the above to real opposition of the above to real opposition opposition of the above to real opposition oppositio		6-30% - Exchancely to Personaler uipudic ecosystems, corbe (againtim	6 - 64 dh - The Individues used by him faheres have register effects on majn ros stapt specifical (100,000 brons of by cardnes and docards every year in the world's base faheres)	4 - 47.0% Terrestrial and freshwater acidication, depletion of energy and water resources, acotoxicity for freshwater aguatic ecosystems	4 - 47.3% Depetion of energy resources	5 - 54.2% Acatification of land and fresh water, depletion of mineral resources	2 - 13.4% Landuse	1-0%	2 - 19,6%	6 - States suggest that brokel availability of all componence the ground zero of formula less have and there are less to furth other pays or to make legal to formula the pays or to make legal to formula to formula to the second of the destination of all the second of Waterick's south Thys Drg. 2 December 1991.	na	
	COS	5 - between 2 and 14kg eqCO2	5 - between 7 and 10kg eqCO2	5 - between 7 and 10kg eqCO2.	4-6	3.4 .39 eqCO2	4 - 7.26 eqCO2	4 - 5.7 eqCO2	4 - 6.69 eqCO2	2 - 3 .54 eqCO2	2 - 2 .28 eqCO2	1-1.6 eqC02	4- Krill fishing affects the crucial role these crustaceans play in regulating and storing atmospheric carbon.	na
and the second	Harman rights, detect of food resources and food wasts, employment	Excellent plane of a specific content o			4 1 by of tood (tops hold) regime the borness of 15 hering or 40 anchories See hom p240 of the Western report on writerin is associated in Secretary 1 app 240 of the Parkette of	L. The state of t	4 - Provenance in the North Flast Alberto Coren (Mediterranean, Morcocco and Meuritaria) with purse serve and Tawlinets	3 - Large employment sector: around 17,000 people, tamby ventorne	1 - A ball-growing industry, the development and considered in a scalar of the SOG on the S	1 - Fael growing sector +133% fore 2009 to 2010 2020 Employing 6,500 people	1 - Job-creating sector, needs august for organic ferming.	1 - No impact	Same problem from the contribing of small presidence, and contributions and contributions and contributions in contributions are designed in contributions in contribution and contributions are designed in the contribution of the contribution	1-Neimpact
and the state of t	Density	8 - 70 kg to 150 kg saknon / m3	5 - 25 kg / m3 (average based on adult salmon stre). Welfare is degraded once a firreshold of 22 Kg/m3 is exceeded in sea cages for Allantic sarmon.	3 - 10 kg/m3 to 20kg/m3	5 - Average of 80 Kg/m3	5 - Not concerned. Most of the tuna consumed comes from the following faheries.	3 - Not concerned. Prey* fish come from the following fisheries	na	1 - No impact on animal welfare.	1 - No impact on animal welfore.	1 - No impact on animal welfare	1 - No impact on animal wettare	5 - Not concerned. Fish caught for processing into food supplements come from the tollowing fisheries	1 - No impact on animal wettare
	Diseases	4. ** **Efection disease than tomake with hormaning constity charmacular at 2016, Wedenwyer 1996, constity charmacular at 2016, Wedenwyer 1996, European Commission 2004 cells by Shakin and Herchwer 2005, Ellis et at 2002, Mocca et al. 2005. **Ends Led to at 2005, and 1996, who can all 1996, and	E	Theory inheliation of the land guarantees are also pulsated in the also considered in	4 - Infectious disease fisks increase with increasing density (*ahrimaseil et al. 2016, Woodensyer 1996, European 2016, Woodensyer 1996, European 2016, Woodensyer 1996, European 2016, Electrical 2012, Francisco 2016, Electrical 2016, Electrical 2016, Escaledo 2016, Electrical 2016, Electrical 2016, Escaledo 2016, Electrical 2016, Escaledo 2016, Electrical 2016,	is - Not concerned Metal of the Mass consumed corners from the following following	3 - Not concerned. Prey* fish come from the tollowing fisheries.	2 - Little impact on unimal welfare	1 - No impact on animal welfare.	1- Neimpact on animal welfare	1 - No impact on animal welfare	1 - No impact on animal welfare	5 - Not concerned. Fish caught for processing into food supplements come from the following following.	1 - No impact on animal wettare
	Exeming and fishing practices (fishing steringes, imped on fish caught species) species)	Lithman direction ked loaders and appreciate that are of sections of sections and appreciate that are of sections and appreciate that are of sections and appreciate that are of sections of sections and appreciate behavior. 5. Helph densities leading to stess and appreciate behavior. 5. Merring and death cased by how medicinal rise to be feathered practices (including dearer fish, hot and cod water paths and high pressure water storage). And the transition of the section of the s			5. French law does not lay down French law does not lay down fairing the reamy globes Fully devices an endry to be naked behavior of food in the wide, when french man food in the wide, when french man french and as solarly and the attempt to device as and the attempt to devi	I. The dargest species 100.000 classes of a first largest species are classes of a first largest species are classes of a first largest species and classes of a first large species and a first large shall be supported by the species of a first large species of a first largest large	3 - Strees and suffering tinked to the agony of thin trapped in nels	2 - Little impact on animal welfare	1 - No impact on animal workers.	1 - Noimpact on animal welfare.	5 - Nompact on annual welfare.	1 - No impact on antimal welfare.	So convention between fishing versitions or convention and services largered that fishing conventions in specific areas and aready under pressure, websit 10 conception between finitely versions and execution of the convention and area of the convention and the	1 - Reimpact on annual wolfare.