In addition to protein, seafood provides essential vitamins, minerals, long chain omega-3 fatty acids and other nutrients not found in plant-source foods or other animal proteins ([Kawarazuka and Béné 2010](https://link.springer.com/article/10.1007%2Fs12571-010-0079-y); [Allison 2011](http://pubs.iclarm.net/resource_centre/WF_2971.pdf); [Golden et al. 2016](https://www.nature.com/news/nutrition-fall-in-fish-catch-threatens-human-health-1.20074)).