Although management reforms in all fisheries would be ideal, fisheries management reforms can be costly and challenging, and prioritizing fisheries reforms that would provide the greatest food and nutritional gains may be a worthwhile strategy in some settings. To understand which fisheries to target, we look at the nutrient content of marine functional groups and their relative contribution towards fulfilling the nutritional requirements under each climate change and adaptation scenario. Together, this information illustrates the relative nutritional benefits of targeted fisheries reforms and could be used to guide food- or nutrition-sensitive prioritizations in fisheries reforms.