

Supplementary Figures

The carbon footprint and nutrient density of blue foods

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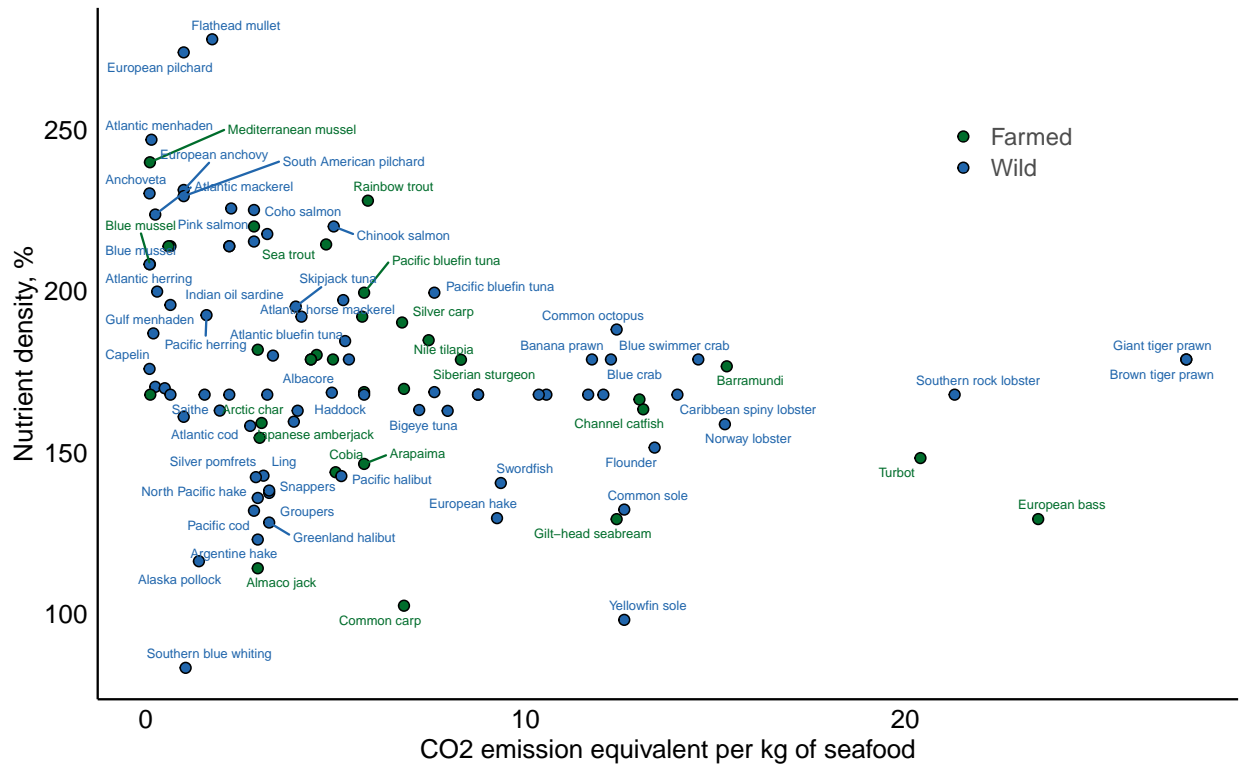


Fig. S1. Nutritional value and carbon footprint of seafood species Points are CO2 equivalents per kg of seafood of each species and the corresponding the nutrient density (%). Nutrient density is the summed contribution of a 100g portion to recommended intakes of five nutrients (calcium, iron, selenium, zinc, omega-3 fatty acids) (recommended daily intakes for adults (18-65 years old)).

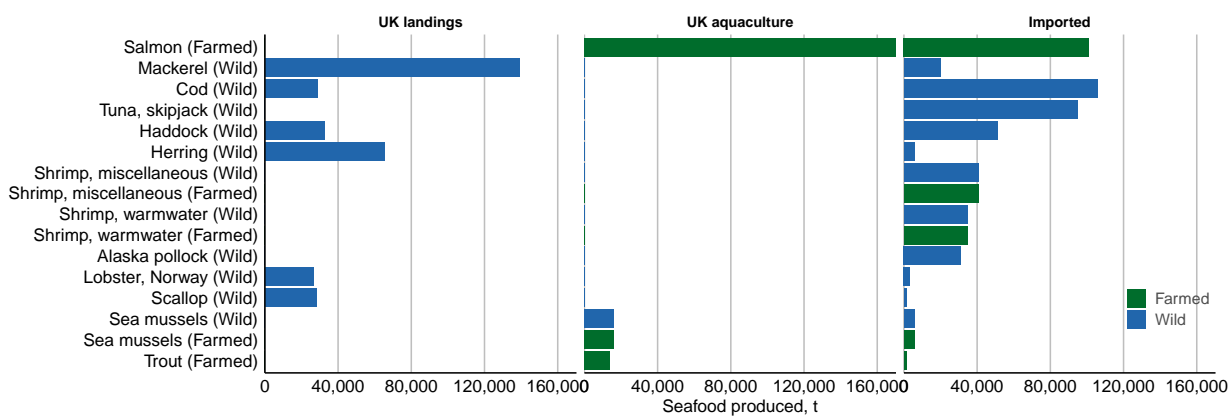


Fig. S2. Annual production of major seafood products in the UK. Bars show annual production for UK landings, UK aquaculture, and imported products. Wild species are filled blue, farmed species are filled green.

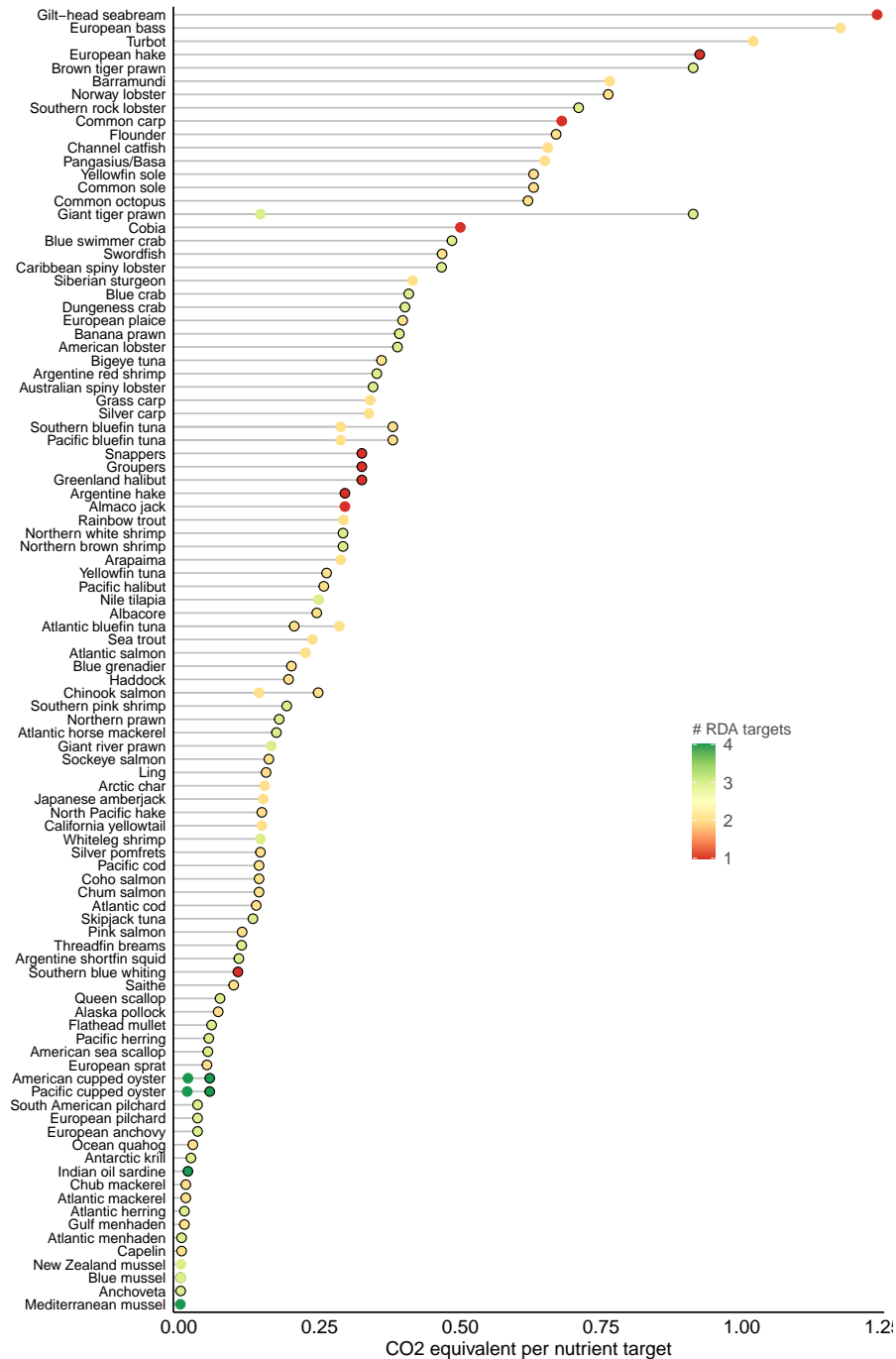


Fig. S3. Carbon emissions per nutrient target for all seafood products in the carbon emissions database Points are the mean kg CO₂ per nutrient target for each seafood species, where a nutrient target was the recommended intake (adults 18-65 years old) contained in a 100g portion for 7 nutrients (calcium, iron, selenium, zinc, omega-3 fatty acids, vitamin A). Points are coloured by the number of nutrient targets in a 100g portion. Animal-source foods (beef, chicken, lamb, pork) are included for comparison using CO₂ values from (Clune et al., 2017) and nutrient values from (Widdowson, n.d.).