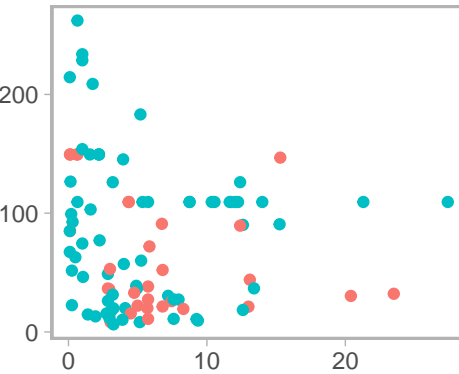


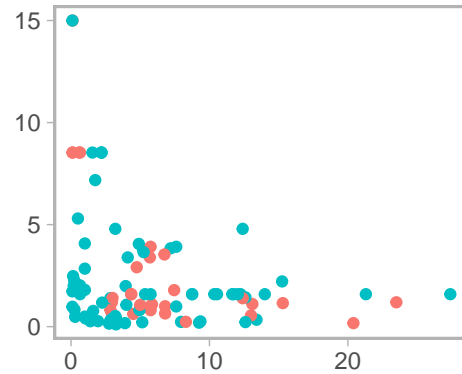
farmed\_wild    ● Farmed    ● Wild

nutrient concentration per 100g

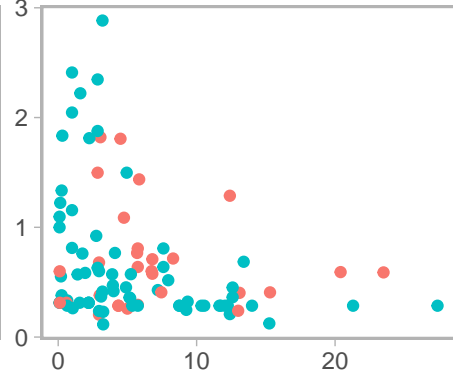
Calcium\_mu



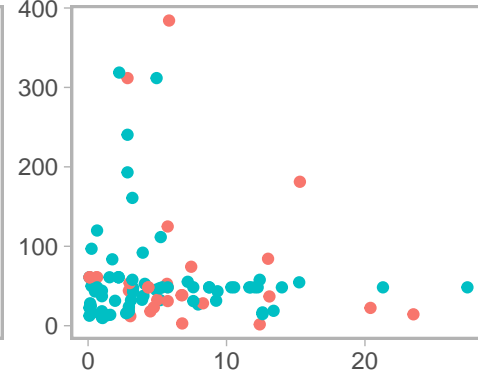
Iron\_mu



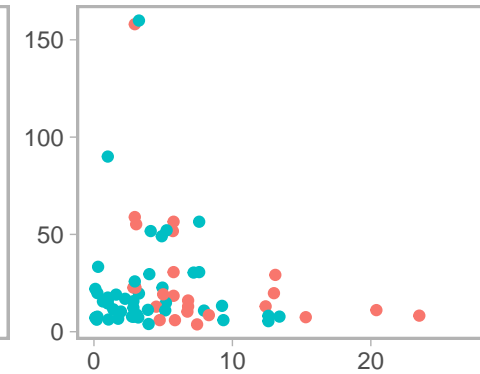
Omega\_3\_mu



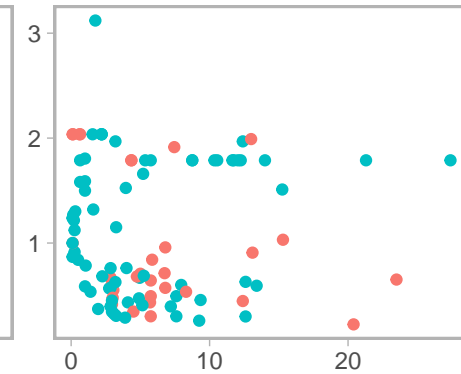
Selenium\_mu



Vitamin\_A\_mu



Zinc\_mu



kg CO2 (midpoint of lower and upper estimates)