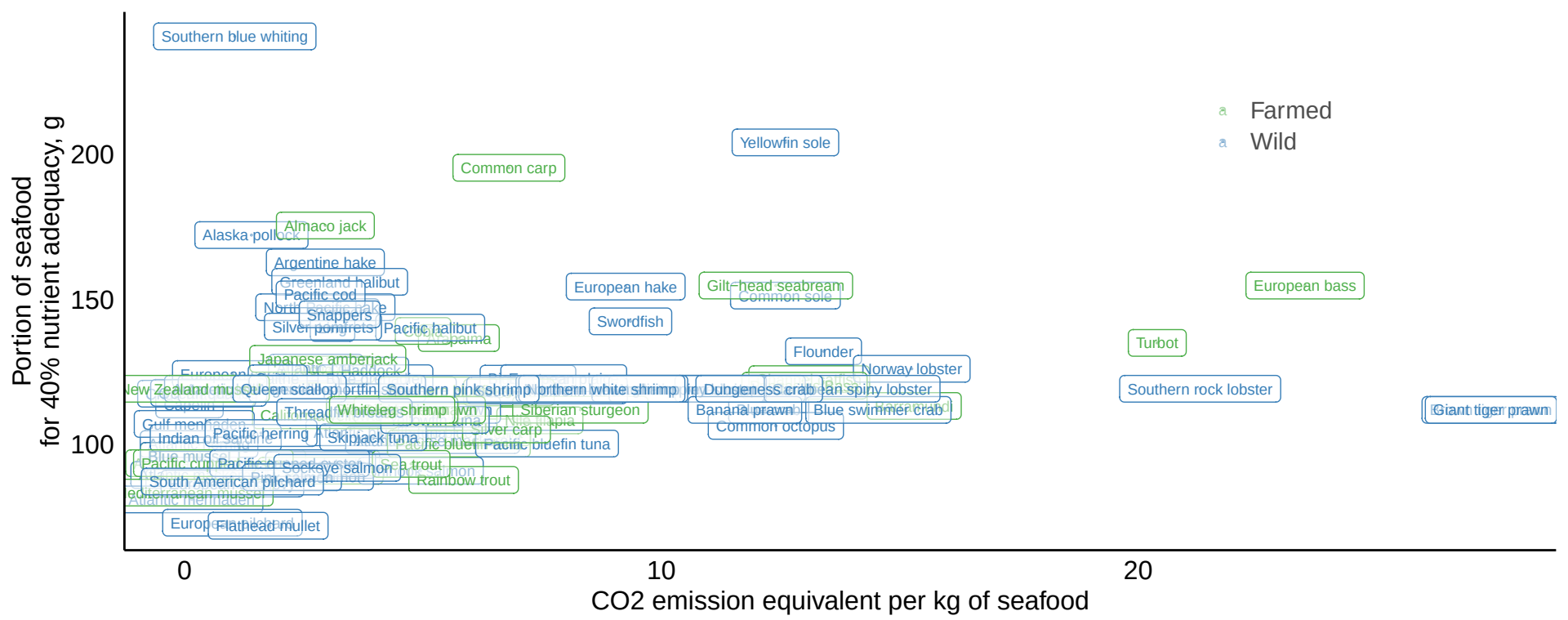
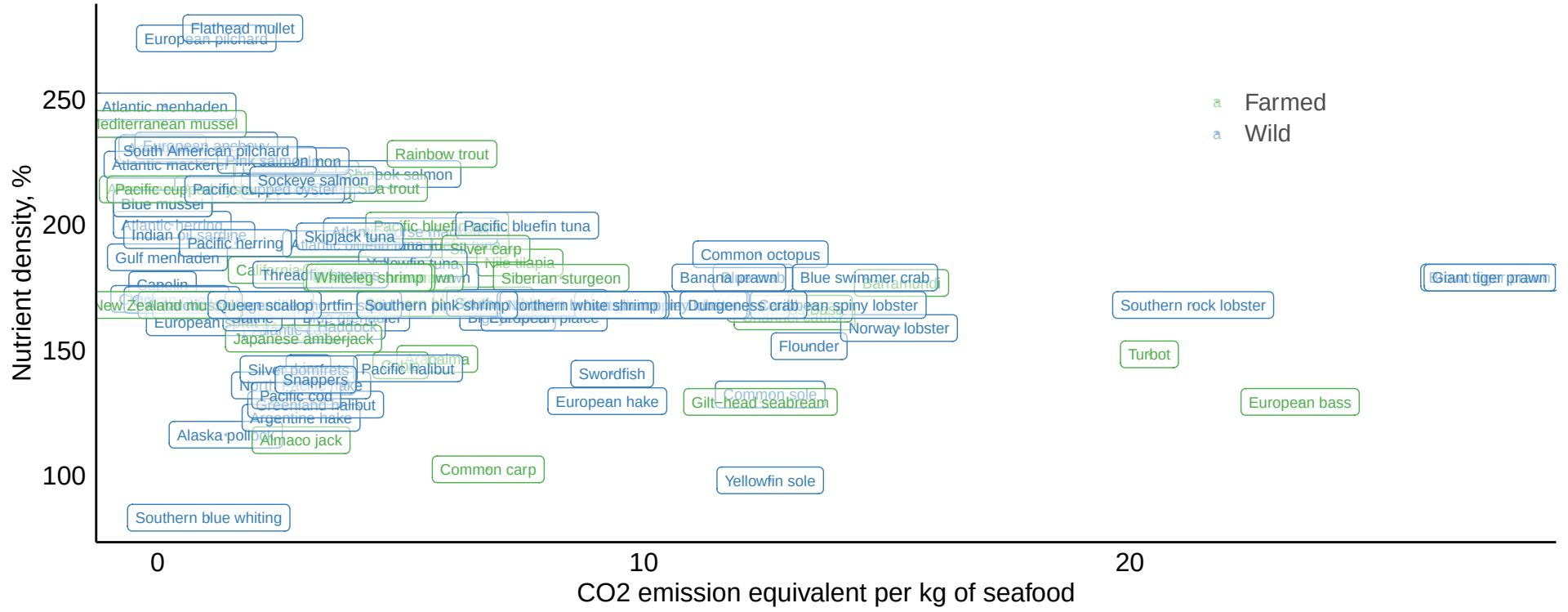

Portion of seafood
for 40% nutrient adequacy, g
200
150
100
0
10
20
CO2 emission equivalent per kg of seafood
Farmed
Wild
Southern blue whiting
Yellowfin sole
Common carp
Almaco jack
Alaska pollock
Argentine hake
Greenland halibut
Pacific cod
Snappers
Silver pomfrets
Pacific halibut
European hake
Gilt-head seabream
Common sole
European bass
Swordfish
Turbot
Flounder
Japanese amberjack
Norway lobster
Southern rock lobster
Southern pink shrimp
Dungeness crab
Banana prawn
Blue swimmer crab
Common octopus
Siberian sturgeon
Whiteleg shrimp
Thread
Pacific herring
Skipjack tuna
Silver carp
Pacific bluefin tuna
Sockeye salmon
Sea trout
Rainbow trout
South American pilchard
Flathead mullet
Giant tiger prawn


Nutrient density, %
250
200
150
100
0
10
20
CO2 emission equivalent per kg of seafood
Farmed
Wild
Flathead mullet
European pilchard
Atlantic menhaden
Mediterranean mussel
South American pilchard
Rainbow trout
Sockeye salmon
Sea trout
Blue mussel
Pacific bluefin tuna
Skipjack tuna
Pacific herring
Silver carp
Gulf menhaden
Common octopus
Siberian sturgeon
Whiteleg shrimp
Banana prawn
Blue swimmer crab
Giant tiger prawn
Southern rock lobster
Queen scallop
Southern pink shrimp
Dungeness crab
Norway lobster
Japanese amberjack
Flounder
Turbot
Pacific halibut
Swordfish
Snappers
Pacific cod
European hake
Gilt-head seabream
European bass
Argentine hake
Alaska pollock
Almaco jack
Common carp
Yellowfin sole
Southern blue whiting