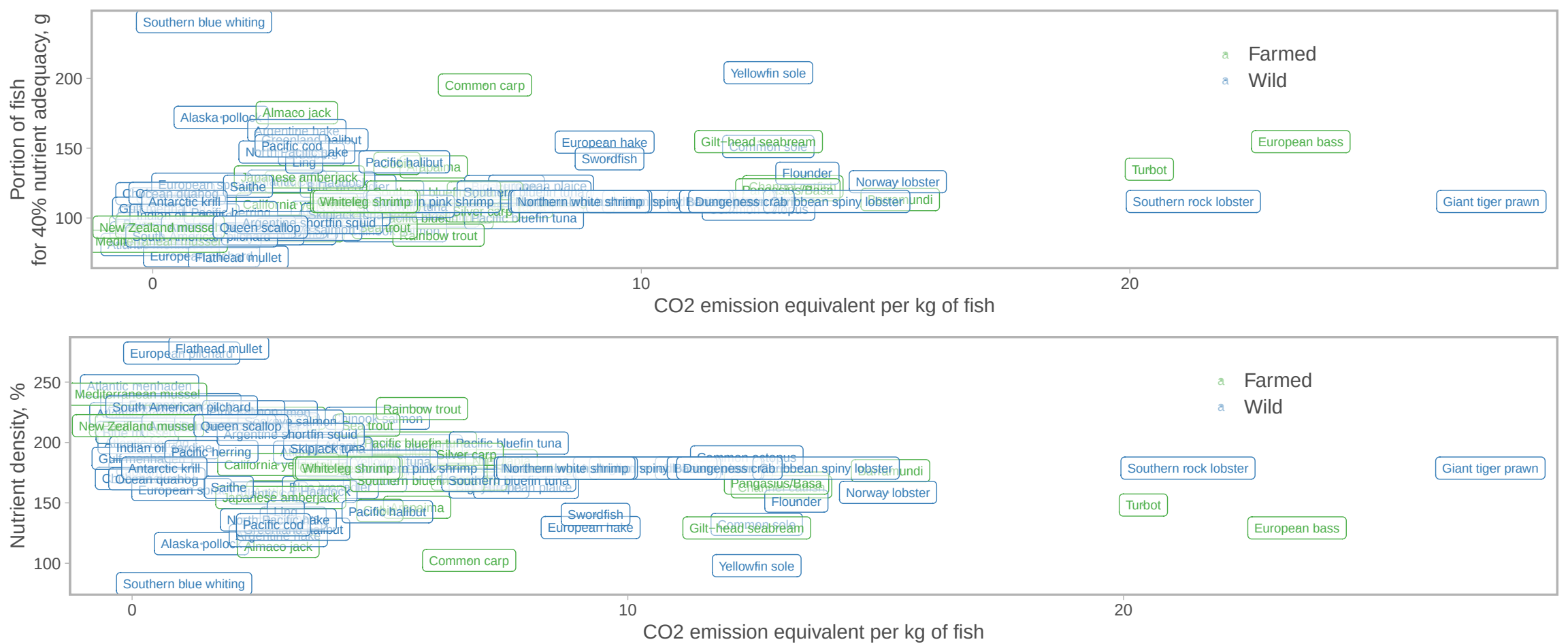
Portion of fish
for 40% nutrient adequacy, g
200
150
100
0
10
20
CO2 emission equivalent per kg of fish
Farmed
Wild
Southern blue whiting
Common carp
Yellowfin sole
Alaska pollock
Almaco jack
Pacific cod
European hake
Gilt-head seabream
European bass
Swordfish
Pacific halibut
Flounder
Turbot
Norway lobster
Saithe
Antarctic krill
Whiteleg shrimp
Northern white shrimp
Dungeness crab
Southern rock lobster
Giant tiger prawn
New Zealand mussel
Queen scallop
Bluefin tuna
Rainbow trout
Flathead mullet
Nutrient density, %
250
200
150
100
0
10
20
CO2 emission equivalent per kg of fish
Farmed
Wild
Flathead mullet
Mediterranean mussel
South American pilchard
Rainbow trout
New Zealand mussel
Queen scallop
Argentine shortfin squid
Pacific bluefin tuna
Indian oil
Pacific herring
Skipjack tuna
Silver carp
Antarctic krill
Whiteleg shrimp
Northern white shrimp
Dungeness crab
Southern rock lobster
Giant tiger prawn
Ocean quahog
Saithe
Pangasius/Basa
Norway lobster
Japanese amberjack
Flounder
Turbot
Pacific halibut
Swordfish
Pacific cod
European hake
Gilt-head seabream
European bass
Alaska pollock
Almaco jack
Common carp
Yellowfin sole
Southern blue whiting