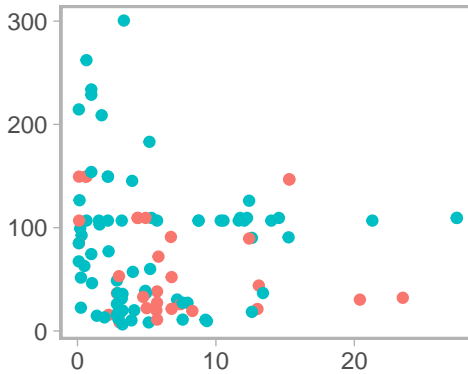


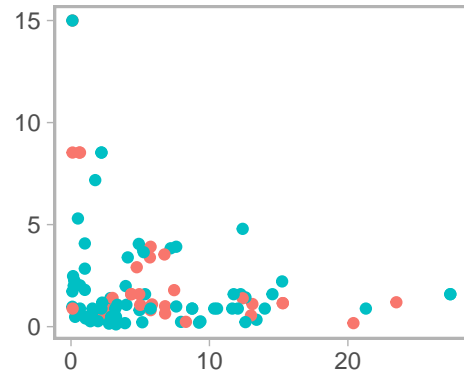
farmed_wild ● Farmed ● Wild

nutrient concentration per 100g

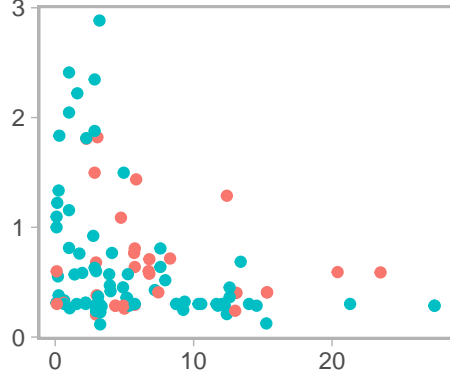
Calcium_mu



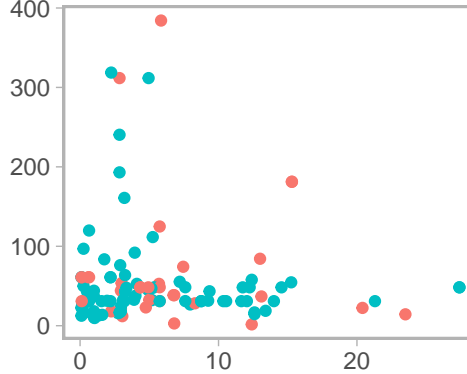
Iron_mu



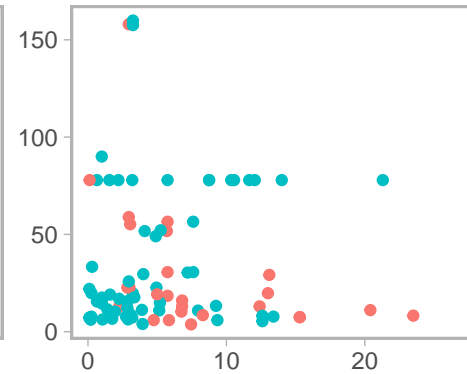
Omega_3_mu



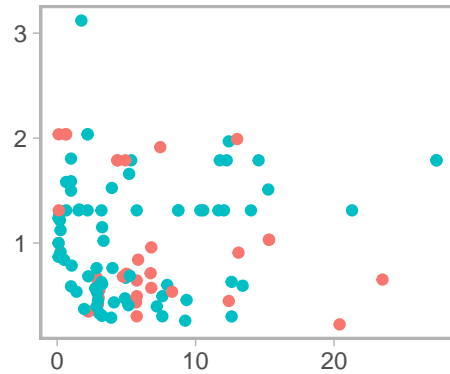
Selenium_mu



Vitamin_A_mu



Zinc_mu



kg CO2 (midpoint of lower and upper estimates)