**Figure 1 | Nutrient density and greenhouse gas emissions of global seafood products.** A) The mean nutrient density and greenhouse gas emissions produced, for common seafood groups (red, live weight), terrestrial animal-source meat (black; beef, sirloin steak; chicken, average meat; lamb, mince; pork, mince) and dairy (black), B) shows the mean and range of values of farmed and wild-caught fish and invertebrates. C) is the greenhouse gas emissions per nutrient dietary target (averaged across species), coloured by the number of nutrient targets in a 100 g edible portion. Emissions were thus generated by live weights in A and edible weights in C. Nutrient density (A, B) and targets (C) are recommended intakes of calcium, iron, selenium, zinc and omega-3 fatty acids for adults aged 18-65 [(Drewnowski *et al* 2015)](https://paperpile.com/c/vw8Sxg/1G66). Animal-source foods (beef, chicken, lamb, pork) are included for comparison using CO2 values from [(Clune *et al* 2017)](https://paperpile.com/c/vw8Sxg/gufY) and nutrient values from [(Widdowson n.d.)](https://paperpile.com/c/vw8Sxg/UtlY). See Fig. S1 for the nutrient density and greenhouse gas emissions of each seafood product, Fig. S2 for emissions corrected by edible portion, and Fig. S3 for greenhouse gas emissions per nutrient dietary target of each species.

**Figure 2 | Carbon footprint, production, and nutrient density of the top 90% of landed, farmed, and imported seafood products in the UK.** A) CO2 emissions per kg live weight seafood (± minimum and maximum), for wild and farmed products. B) Annual production of landed (UK), farmed (UK), and imported products in 2019, with red lines indicating apparent consumption by UK population (total production – exports, corrected for edible portion). C) Nutrient density scores across ten nutrients, based on recommended daily adult (18-65 years old) intakes for vitamin B12 (pink), selenium (purple), iodine (turquoise), omega-3 fatty acids (orange), vitamin D (green), zinc (blue), iron (yellow), and calcium, vitamin A, and folate (‘Other’, grey). See Fig. S7 for nutrient density calculated for five nutrients used in the global analysis in Fig. 1. Data on wild vs. farmed sources for imported and exported seafood were unavailable, and farmed production estimates are the average annual value across 2015-2018.

**Figure 3 | Blue food profile of 11 major UK seafood products.** Radar plots showthe average carbon footprint (live weight kg CO2-eq, inverse), nutrient density (10 nutrients), sustainability rating (Good Fish Guide), production volume (annual tonnes), and price (GBP per kg, inverse) for wild-caught species and farmed species on average (A), and by product (B). All variables are scaled between 0-100%, and CO2-eq and price are scaled to their inverse (i.e. 100% is the least CO2-eq use and lowest price), such that species with the largest radar areas are low-emissions, nutritious, sustainable, high-production, and affordable. For average wild/farmed seafood (A), kg CO2-eq, nutrient density, sustainability and price are mean values weighted by annual production among species.