

# Benefits of Seafood



## PROTEIN

Provides a low-fat heart-healthy form of protein



## LONG CHAIN OMEGA-3 FATS

Essential for optimal brain development and improving risk factors for heart diseases



## IODINE

Aids in thyroid function and health and neurodevelopment



## VITAMIN D

Crucial in immune system regulation, mental development, and bone health



## IRON

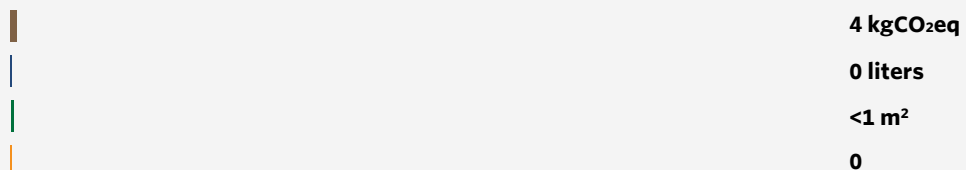
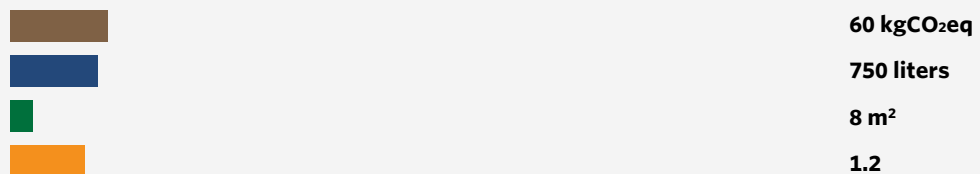
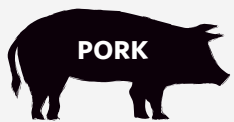
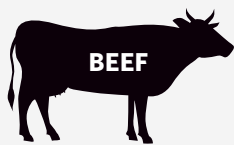
Vital during pregnancy to allow the mother to produce additional blood for the baby



## CALCIUM, ZINC, OTHER MINERALS

Deficiencies in essential minerals can slow the development of children

## Environmental Impact of Animal Protein Production



GREENHOUSE GAS EMISSIONS: emissions for every 1kg of protein (kgCO<sub>2</sub>eq)  
 FRESH WATER USE: liters of freshwater used for every 1kg of protein (liters/kg)

LAND USE: Land use for 1kg of protein (m<sup>2</sup>/kg)  
 FEED CONVERSION RATIO

GHG, FW use, and LU data: Ritchie, H. (2020); FW use for marine fish data: Pahlow, M., van Oel, P.R., Mekonnen, M.M, and Hoekstra, A.Y. (2015); GHG for bivalves: MacLeod, M.J., Hasan, M.R., Robb, D.H.F., Mamun-Ur-Rashid, M. (2020). FCR data: Sharpless, A. & Evans, S. (2013); Note: FW use data for marine fish was pulled from Pahlow et al (2015) as underlying data in Ritchie (2020) was inclusive of freshwater aquaculture ponds. Freshwater usage varies by species and feed; Japanese Amberjack was used here.