

FISH AND SUSTAINABLE SOURCES

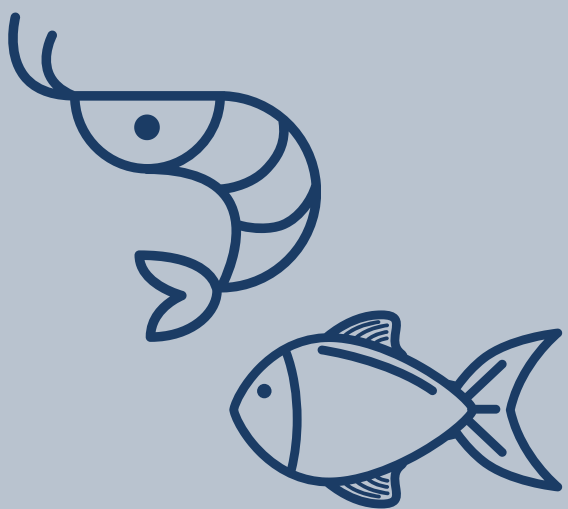
WHY IS IT IMPORTANT TO US?

Fish is an important source of many nutrients, including protein and long-chain omega-3 polyunsaturated fatty acids (n-3 PUFAs), as well as several vitamins and minerals including selenium, iodine, potassium, vitamin D and B vitamins.

These have protective factors against conditions, as well as being important in the development of vision, the brain, and central nervous system.



HOW MUCH SHOULD I EAT?



Different types of fish and shellfish provide different nutrients.

Everyone should try to eat at least two portions of sustainably sourced fish per week, one of which should be oily fish.

FISH AND SUSTAINABILITY

To ensure there are enough fish to eat now and in the future, we should try to eat a wide variety of fish and to buy fish from sustainable sources.

This means fishing in a way that sustains a healthy population of the fish and doesn't damage their habits. If not this will lead to overfishing, and fish species becoming endangered



SO WHAT CAN YOU DO?



Image sourced from: www.msc.org

It is important to eat sustainably. To do this you can look out for ecolabels on certified fish products at the supermarket, such as the blue Marine Stewardship Council logo. This is a sign that the fish are from a sustainable source, and have been handled with care.