

Sustainable Seafood



Sustainability means reducing the harm humans have on the environment and reversing the harm we have already caused.

1/3 of CO2 emissions comes from terrestrial agriculture and livestock. This includes what is required to transport this product. This high rate of emissions due to livestock makes eating fish more sustainable.

Compared to cows, chickens and pigs fish convert more food they eat to body mass. This is more sustainable because less input is required.



FISH AREN'T AS HUNGRY!

Fish are raised in offshore cages so they don't have to be fed as much! Fish also need fewer calories compared to land animals.



Protein Scorecard

| FOOD | IMPACT (GHG emissions per gram of protein) | COST (Retail price per gram of protein) |
|---------------------------|---|--|
| Wheat | 1 | \$ |
| Corn | 1 | \$ |
| Beans, chickpeas, lentils | 1 | \$ |
| Rice | 1 | \$ |
| Fish | 1 | \$\$\$ |
| Soy | 1 | \$ |
| Nuts | 1 | \$\$\$ |
| Eggs | 1 | \$ |
| LOW | | |
| Poultry | 1 | \$ |
| Pork | 1 | \$ |
| Dairy (milk, cheese) | 1 | \$ |
| MEDIUM | | |
| Beef | 1 | \$\$\$ |
| Lamb & goat | 1 | \$\$\$ |
| HIGH | | |

Lighter color boxes represent low agricultural products, darker shade those resources from soil and water.

Sources: GlobalAg-NRM model developed by CIRAD, Princeton University, INRA, and WRU (GHG data); USDA and BLS (2016) (US retail price data).

www.wri.org/proteinscorecard

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Protein Scorecard: Fish is a relatively low contributor towards Greenhouse Gas emissions, which is the fundamental cause of global warming. Beef is a very high contributor.