Globally over 800 million people depend on fish for food and income.



HERRING

Fish can play an important role in a balanced diet - it is rich in nutrients whilst having a low fat content.

A small handful of species make up the majority of fish eaten in the UK. The most popular species are salmon, cod, tuna, prawns and haddock.

Roughly 103 million portions of fish and chips are served in take away fish and chip shops in the UK per year, with cod and haddock being the most popular followed by plaice and hake.

ATLANTIC SALMON

Farming of herbivorous and omnivorous species, such as carp and tilapia, uses plants as feed. Eating more of these fish can help reduce the need of using wild-caught fish as feed.

> In the last 40 years the fraction of fish stocks being fished sustainably fell by over 20%.

Some fishing methods such as bottom trawling involve disturbing the sea bed which harms ocean habitats.



Check

vour seafood

finprint: www.

wwf-finprint.

Overfished stocks usually need 2-3 times the fish's lifespan to recover and if they are allowed to do so, this can bring benefit to nature and people through more fish in the oceans and higher profit for fishers.

ecosystems are affected and fish production is reduced, leading to negative economic and social consequences.

Overfishing negatively impacts

both nature and people - marine

MACKEREL







Herring and mackerel are examples of low-carbon choices as the fishing methods used to catch them produce less greenhouse gas emissions.

WHITELEG SHRIMP

Bottom trawling results in nearly three times the greenhouse gas emissions of non-trawling capture methods, due to the high amount of fuel required to drag a net along the seabed.

For more information about our

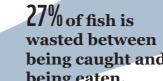
work with young people go to

www.wwf.org.uk/schools

ANCHOVY

wasted between being caught and being eaten.

Fisheries that target small pelagic species, like sardines and anchovies, can can provide climate-friendly sources of animal protein. These oily fish are also a particularly good source of nutrients.







https://www.fishforward.eu/



Filter feeders, like mussels and

from the water and do not need

feed to farm them. Sometimes,

they are farmed together with

scallops, obtain food directly