

Small pelagic fish: the cheapest nutritious food caught in wild fisheries

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Lancaster
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The Leverhulme Trust

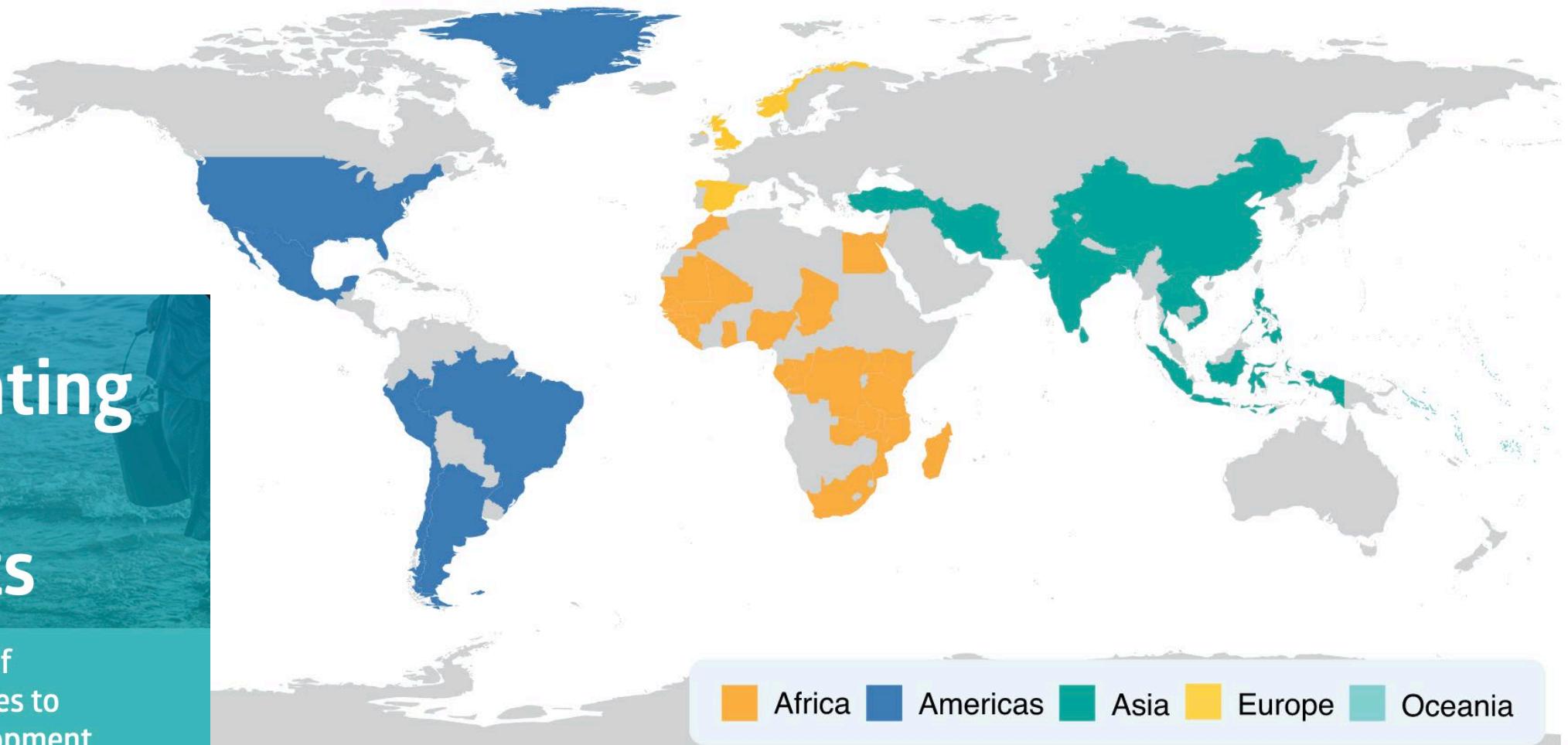
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Country and territory case studies



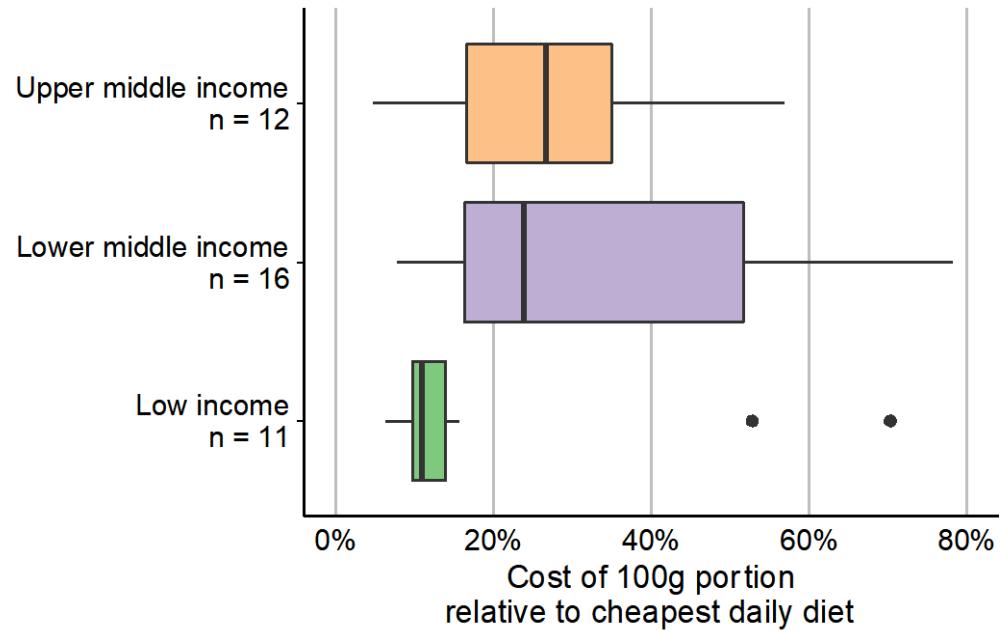
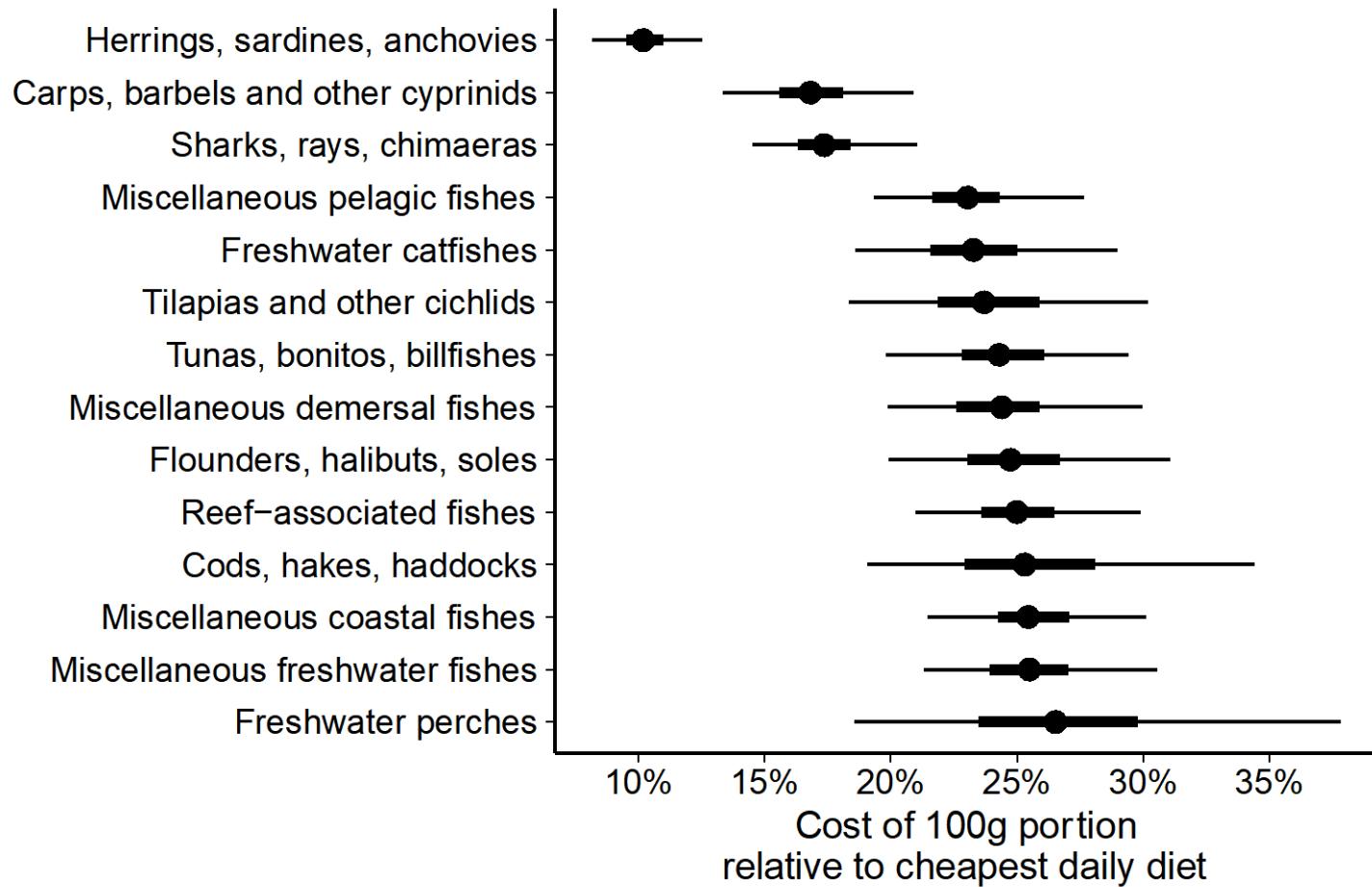
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The price of fish



'Cost of caloric adequacy'
Bai et al. 2020 *Food Policy*

Nutrient density

Inland

Carp, barbels and other cyprinids -

Selenium Omega-3 Zinc Calcium Vit-A

94% 41% 35% 37% 11%

Tilapias and other cichlids -

100% 36% 38% 3% 1%

Iron

Miscellaneous freshwater fishes -

100% 30% 29% 13% 1%

Freshwater perches -

100% 28% 21% 15% 1%

Freshwater catfishes -

100% 28% 22% 13% 1%

Marine

Herrings, sardines, anchovies -

92% 81% 29% 22% 1%

Miscellaneous pelagic fishes -

100% 47% 26% 22% 1%

Tunas, bonitos, billfishes -

100% 45% 21% 11% 1%

Miscellaneous coastal fishes -

98% 38% 23% 15% 1%

Miscellaneous demersal fishes -

100% 34% 24% 11% 1%

Reef-associated fishes -

97% 23% 22% 14% 10%

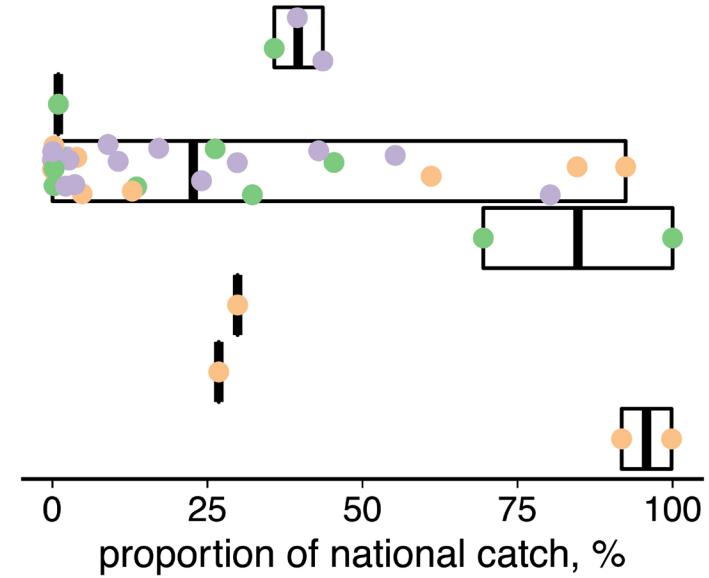
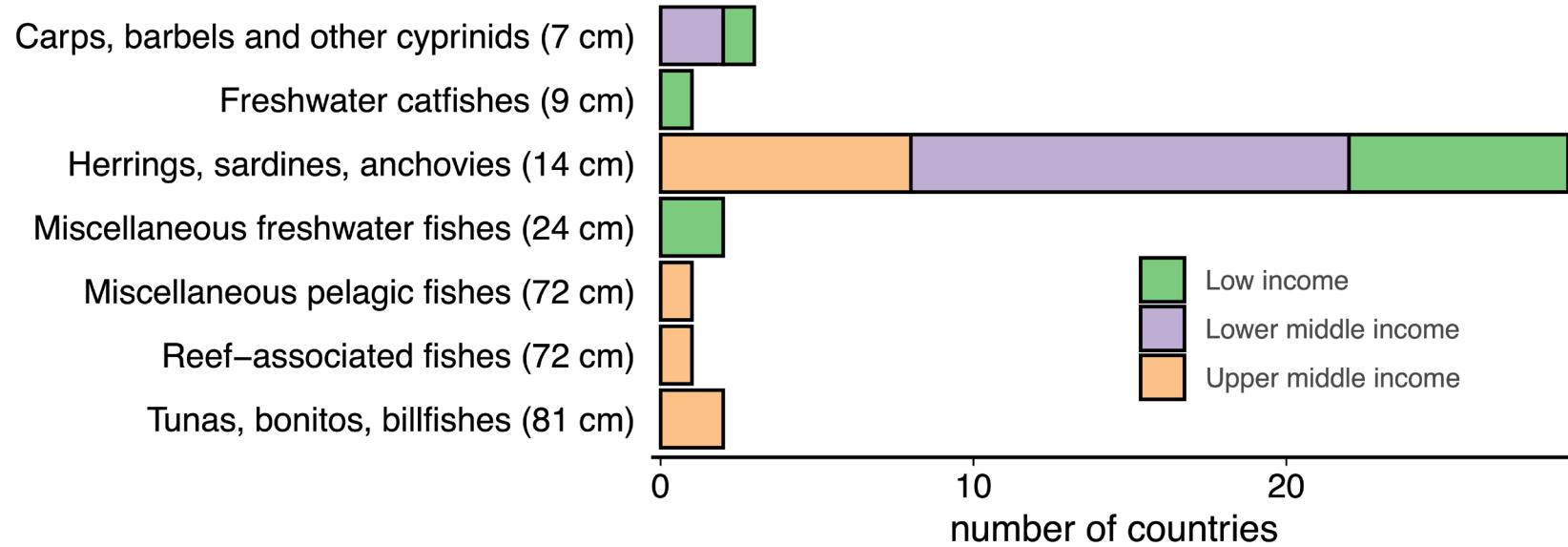
Sharks, rays, chimaeras -

94% 27% 14% 1% 1%

0 50 100 150 200 250
Recommended Daily Intake (%) for 6 nutrients from 100g portion



The cheapest nutritious fish



Food supply from small pelagic fish

