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**Harnessing the potential of aquatic foods to support sustainable healthy diets calls for the promotion and adoption of:**

- **Changes in consumer behaviour, including those that better use the diversity of aquatic foods**
- **Environmental-friendly production schemes**
- **Repurposing by-products to reduce loss & waste**
- **Improved governance of aquatic resources**
- **Provisions that safeguard food safety**
- **Social equity & gender equality**



**The role of aquatic foods in sustainable healthy diets**

**UN  
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**UN Nutrition discussion paper on aquatic foods and their role in sustainable healthy diets**

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Oceans and inland water bodies are a vital source of nutritious food worldwide, hosting a diverse group of animals, plants and microorganisms, often rich in iron, zinc, iodine, vitamins and omega-3 fatty acids.



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## A POTENTIALLY WIN-WIN SCENARIO:

Eating aquatic foods is associated with multiple health benefits (e.g. lower blood pressure and cholesterol), with scope to address the triple burden of malnutrition.

If consumed in moderation, particularly small fish species, they do not necessarily augment adverse effects on the environment.



The role of aquatic foods in sustainable healthy diets

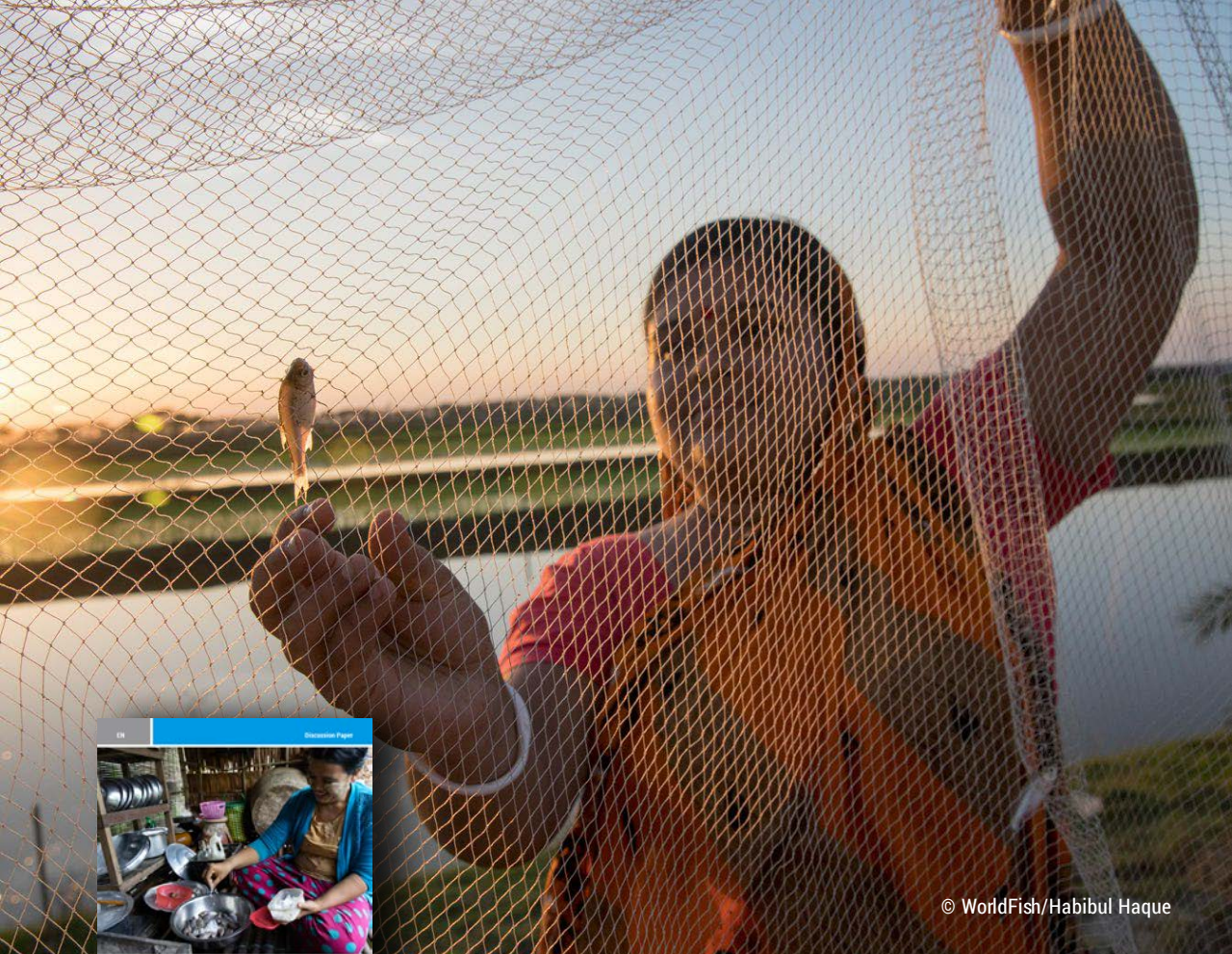
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**Aquatic foods, especially small fish consumed whole, offer much potential for meeting the nutritional needs of various groups, such as pregnant women and young children, and placing sustainable healthy diets within reach of the poor.**



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**While the benefits of consuming aquatic foods generally outweigh the risks, a comprehensive approach is needed to address a range of food safety issues, including contamination from pesticide residues, microplastics, antibiotics and other toxins in aquatic foods, to ensure that they are safe for consumption.**



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