

SUSTAINABLE SEAFOOD CONSUMPTION & BEST PRACTICE!

WE NEED HEALTHY OCEANS as the **EARTH'S LUNGS**
(produce 50% of O₂ on our planet, **CLIMATE REGULATORS**
and **BIODIVERSITY HOTSPOTS!**

3.2 BILLION PEOPLE DEPEND ON FISH ~20% of dietary intake of
animal protein. **CONSUMPTION OF FISH HAS DOUBLED SINCE THE 1960S**
(9kg per capita in 1961 to 20kg in 2015).

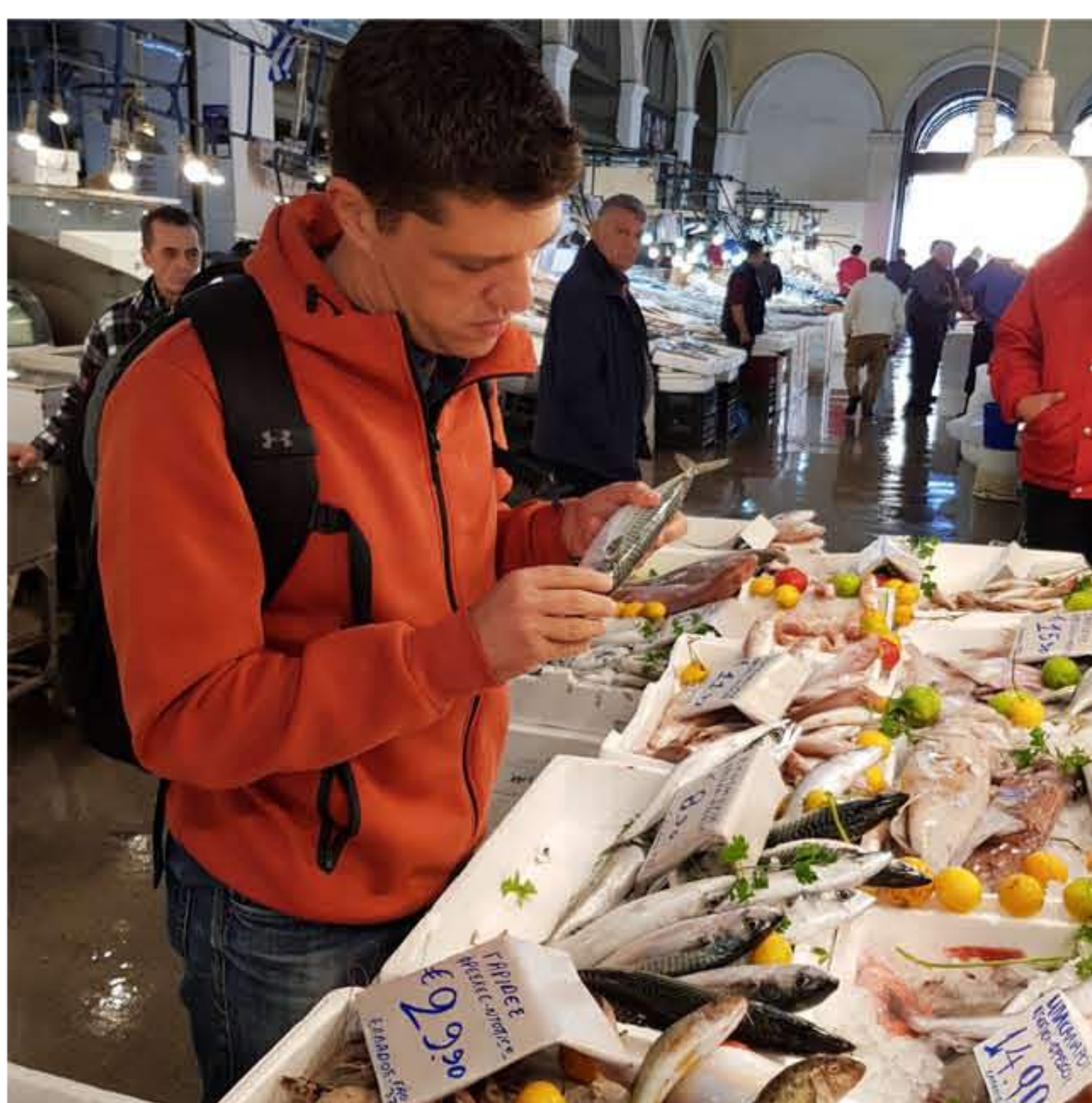
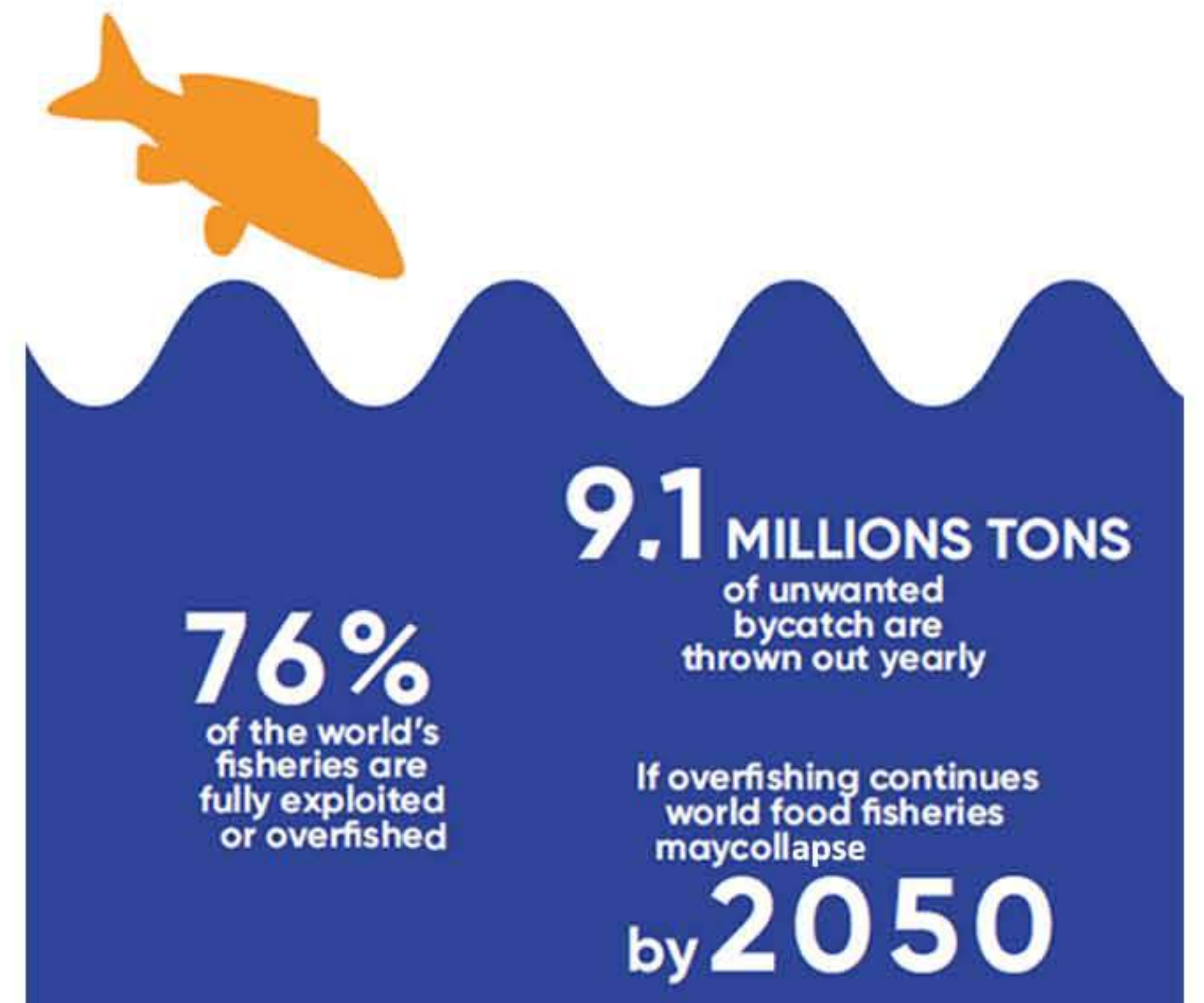


Coral reefs can have 1000 species per m²
& mangroves are nurseries, directly
supporting hundreds of million of people.



< 1% of the oceans are protected from fishing

SEVERE OVERFISHING
drives marine species to
ECOLOGICAL EXTINCTION,
more than pollution, degradation
of water quality
and climate change.



In the photo: Alexandros Papandreou, a Greek chef selecting fish
Photo source: www.alexandropapandreou.gr

HOPE TO ENSURE SUSTAINABLE FISHERIES!

with few exceptions, most species that are ecologically extinct
probably **survive in sufficient numbers for successful restoration!**



WWF Fish Guide
GR phone app



Mr Goodfish
FR, EN, ES App

- ° eat less fish & use seafood guides
- ° purchase only with **sustainable labels**



- ° more **"no-catch" zones** must be established
- ° spread the word **#whichfishcampaign**

