AQUATIC FOODS are essential to the SUSTAINABLE DEVELOPMENT GOALS

The world’s forgotten Superfood.

No Poverty
Harvesting aquatic foods provides income and food for the world’s most vulnerable communities, especially in the tropics, helping to reduce poverty at the local level.1

Zero Hunger
Aquatic foods provide affordable essential nutrients and protein. Fish provide 11% of the average animal protein in the diets of small island states, up to 3-4 times higher than the global average.3

Good Health and Well-Being
Aquatic foods are one of nature’s most plentiful superfoods and are a vital source of nutrition for over 3 billion people, providing zinc, vitamin A and omega-3 fatty acids while reducing the risks of perinatal and maternal mortality, child mortality, cognitive deficits, and more.4

Gender Equality
Small-scale fisheries offer important opportunities for women. In capture fisheries, women represent nearly half of the 120 million people engaged in fishing and post-harvest activities and make up 70% of the global aquaculture workforce.6

Decent Work and Economic Growth
10-12% of the world’s populations depend on aquatic foods for their livelihoods. 90% of fishers and fishworkers in developing economies account for half of the global catch of blue foods, boosting global food security.7

Climate Action
Climate change is predicted to reduce the productivity of fisheries in many countries by up to 45%. Sustainable and climate-resilient fisheries and aquaculture management will help prevent this decline and feed the world.

Responsible Consumption
An estimated 35% of the global harvest is wasted every year in fisheries and aquaculture. Proper management of fisheries contributes to the sustainable provisioning of food, lowering environmental costs, and improving food security.

Life Below Water
Oceans are vital sources of nutritious aquatic foods for billions of people globally. Continued conservation efforts to maintain ocean biodiversity are essential to keep our climate in balance, feed a growing population, support economic development, and protect habitats and wildlife.

Partnerships for the Goals
Strong global partnerships and cooperation are now more than ever to achieve our SDG ambitions. Investments in sustainable fisheries and aquaculture need to be better aligned with science and SDGs.8

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845
MILLION
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800
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1 Increasing the contribution of small-scale fisheries to poverty alleviation and food security, FAO Fisheries Technical Paper 481, Bene et al. Rome, 2007
3 The Importance of Fish for Selected SIDS, GRID-Arendal (2013)