



European Economic
and Social Committee



XUNTA
DE GALICIA



Cofinanciado pola
Unión Europea



THE CONTRIBUTION OF FISHERIES & AQUACULTURE TO FOOD SECURITY

Stocktake +1

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Chair, Scientific Advisory Committee,
UN Food Systems Coordination Hub

29 January 2026

Brussels, Belgium

Transforming food systems for all – leaving no one behind



Aquatic foods are superfoods

Minerals

Fe Iron
essential for brain development in children and increases maternal survival rates.

I Iodine
essential for brain development in fetus and young children and helps prevent stillbirth.

Zn Zinc
crucial for childhood survival, reduces stunting in children and fights diarrhea.

Essential fatty acids

help prevent preeclampsia, preterm delivery, low birth weight, and support cognitive development and better vision in children.

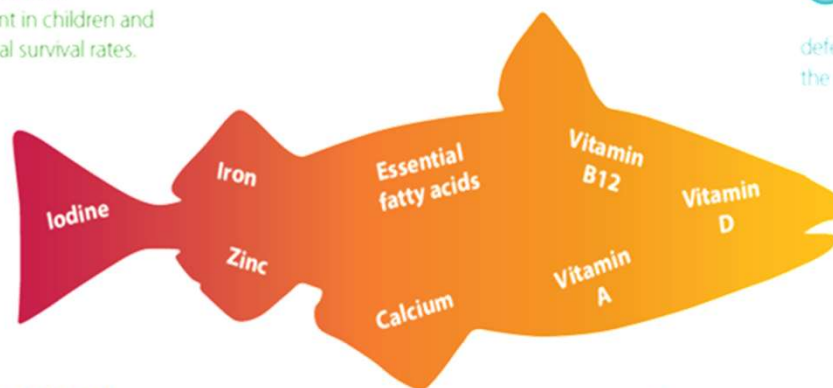
Vitamins

B12 Vitamin B12
essential for a healthy pregnancy, helps prevent brain and spinal cord birth defects, and supports healthy maintenance of the nervous system and brain in children.

D Vitamin D
essential for the development of strong, healthy bones, teeth and muscles in children and helps prevent preeclampsia, preterm delivery and low birth weight.

A Vitamin A
essential for childhood survival, prevents blindness, helps fight infections and promotes healthy growth.

Ca Calcium
helps prevent preeclampsia and preterm delivery, and is essential for strong bones and teeth.



New pyramid for a sustainable Mediterranean diet



p=portion Serving or portion size based on frugality and local habits

Regular physical activity
Adequate rest
Conviviality
Wine (and other alcoholic fermented beverages) in moderation and respecting social beliefs



Biodiversity and seasonality
Traditional, local and eco-friendly products
Culinary activities

Serra-Majem et al
(2020)

Denmark

The Official Dietary Guidelines: good for health and climate (2021)



Recommendation: 30 -100 g daily intake of sustainably produced fish and shellfish



THE LANCET

October, 2025

www.thelancet.com

The EAT–Lancet Commission on healthy, sustainable, and just food systems



“The targets of the EAT–Lancet Commission for healthy people on a healthy planet with just food systems can only be met through concerted global action and unprecedented levels of transformative change.”

A Commission by *The Lancet*

Eating *small fish whole* can prolong life expectancy: a Japanese study

Association between consumption of small fish and all-cause mortality among Japanese: the Japan Multi-Institutional Collaborative Cohort Study

Kasahara et al (2024)

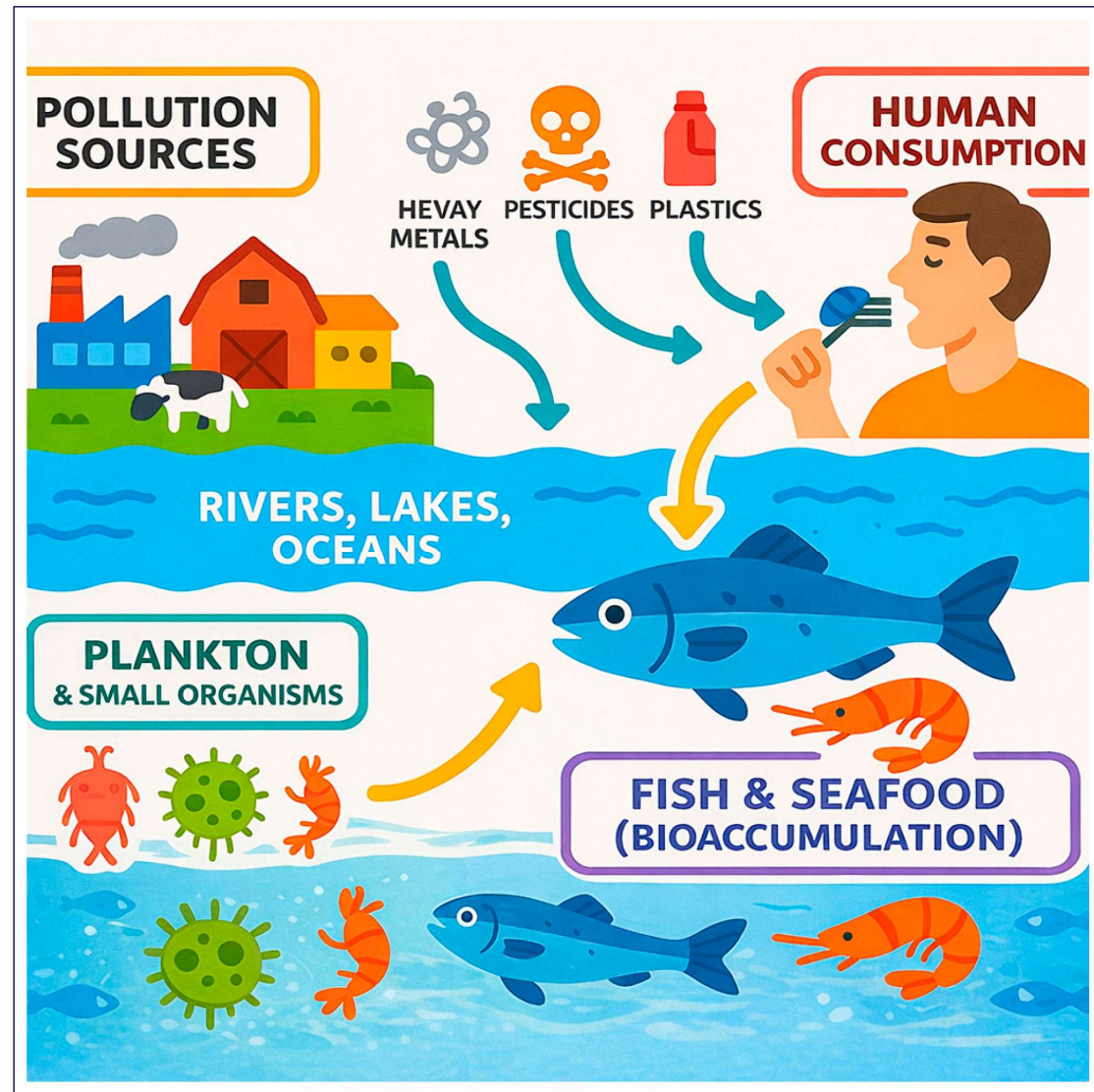


Food safety

Heavy metals

Antibiotics

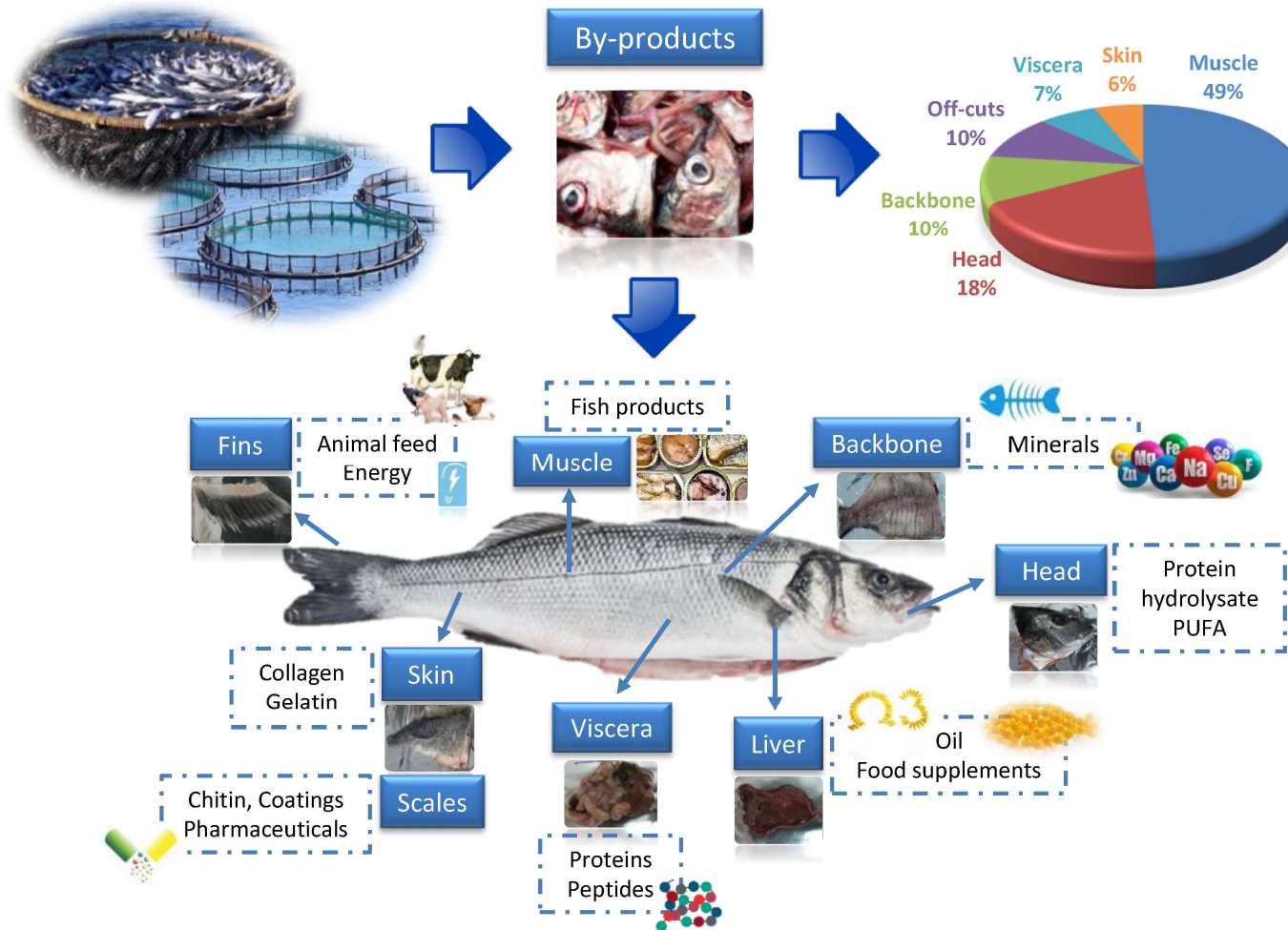
Microplastics



Aquatic foods: loss and waste



Using the whole fish



EU contribution: research, innovations, and technologies

