

Nutritious, healthy and climate smart

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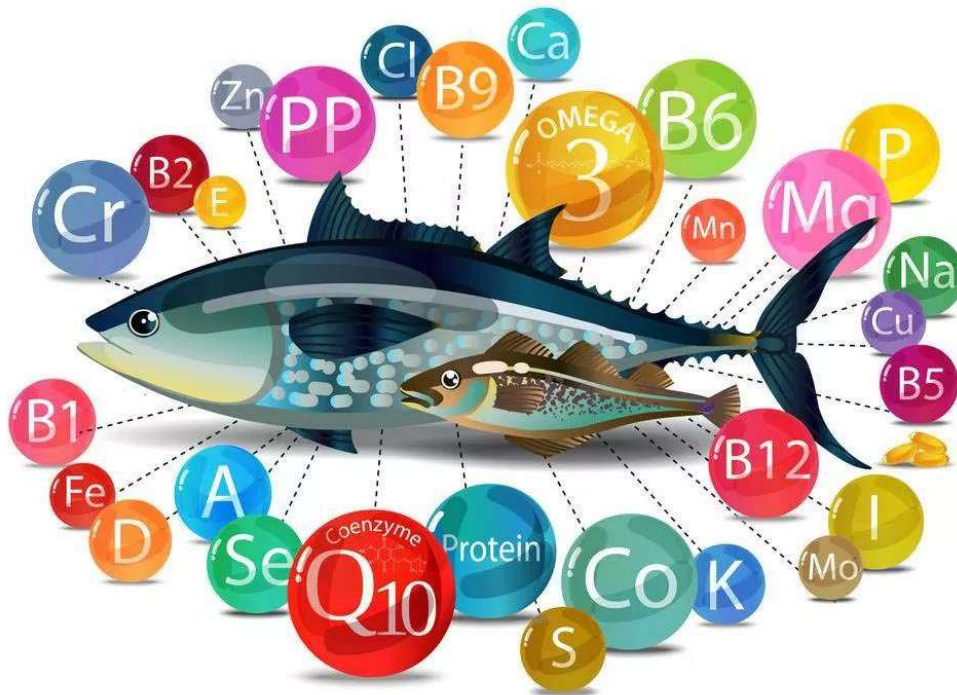


Why Aquatic Blue Foods Matter Now



Nutrition: A Strategic Advantage in Europe's Food Basket

Blue foods strengthen Europe's nutritional resilience while contributing to global efforts to address hidden hunger.



Aquatic foods are often framed as sources of protein, but their real value lies in their nutrient density.

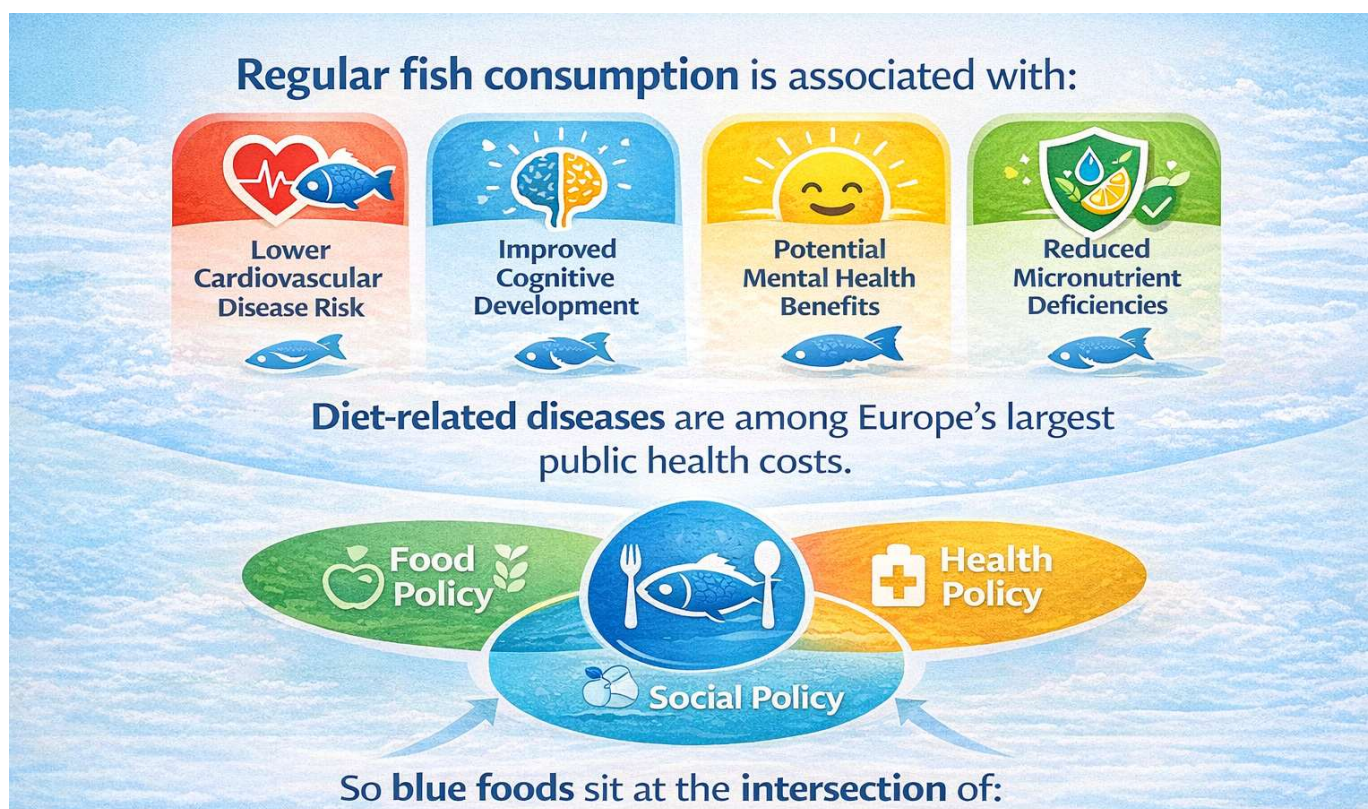
They provide:

- Highly bioavailable protein
- Essential omega-3 fatty acids (DHA/EPA) for heart and brain health
- Micronutrients often lacking in European diets: iodine, vitamin D, B12, selenium, zinc

And globally, these same nutrients are among the most deficient.

Health: Food Systems as Public Health Systems

Investing in aquatic blue foods is not just an agricultural policy; it is a preventive health policy.



Climate: Aligning Food Production with Climate Goals



Aquatic blue foods can help Europe meet climate targets while setting sustainability standards that influence global markets.

Many aquatic blue foods can have:

- Lower GHG emissions than ruminant meat
- No or minimal land-use change
- Minimal freshwater use
- No feed inputs in the case of bivalves and seaweed

This gives Europe an opportunity to align food sovereignty with climate neutrality

Europe's regulatory frameworks and innovation capacity position it to lead globally in low-impact aquatic blue food production.

Resilience: Adapting in an Unstable World

Aquatic blue foods are part of both Europe's and the world's adaptation and mitigation strategies.



Support coastal and rural livelihoods



Can provide diversified income and food sources



Often respond differently to climate shocks than land-based agriculture

This matters for Europe and globally, where fish are a key safety-net food.

A resilient European aquatic blue food sector contributes to global market stability, which, in turn, supports Europe's food security.

Managing Trade-Offs: Growth with Responsibility

Expansion without safeguards can cause



Habitat damage



Pollution



Social inequities

Europe can show how aquatic blue food growth and environmental stewardship go hand in hand.

So the pathways forward are



Nutrition sensitive production



Climate-smart aquaculture



Ecosystem-based fisheries management

Europe has the governance systems, research capacity, and market influence to demonstrate how this can be done responsibly.

What This Means for European Strategy

