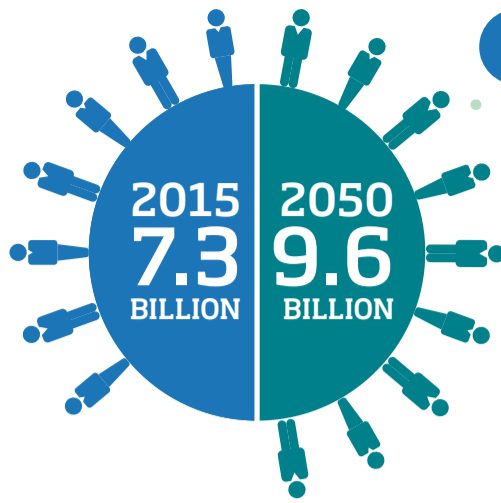




Our growing population How much food will we need?



60%
increased food demand
by 2050

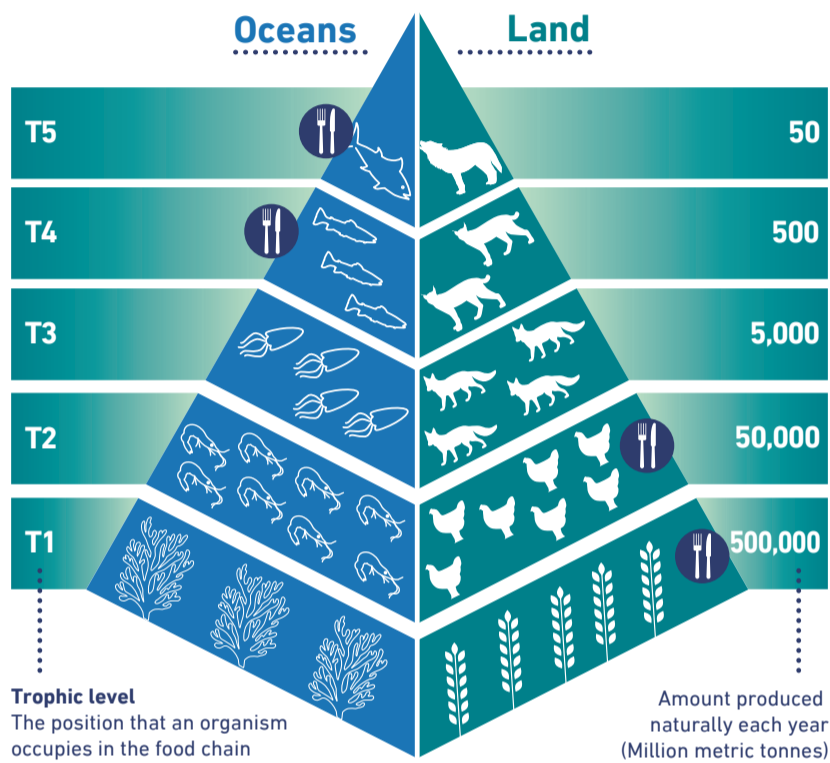
About **70%** of the Earth's surface is covered in **water**



However, only **2%** of human food currently comes from the **oceans**

Food for thought

How can we use our oceans more efficiently?



In general we eat organisms from **higher trophic levels** in the **sea** than we do from the **land**. **This is not ecologically efficient.** Wild capture alone cannot harvest enough food for a growing population. We can increase the harvest of lower trophic level organisms through responsible mariculture.

Changing tides

What have experts advised the European Commission to do?



3 Use research to fill the gaps in our knowledge



1 Make room for mariculture with marine spatial planning



4 Prioritise "food from the oceans"



2 Improve communication between stakeholders and consumers



5 Strengthen regulations to sustain wild capture

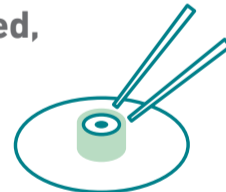
Visit www.sapea.info/oceans to find out more

Eat SMART How can you make a difference?



By choosing to eat **different types of seafood** you can **influence demand**

Nori seaweed, common in Japanese sushi, is high in **vitamin C**



Oysters can add more **zinc** to your diet



Microalgae such as spirulina are rich in **protein**

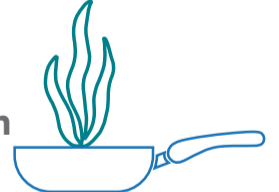


Mussels are a good source of **iron**



Kelp contains **iodine** that can help treat thyroid problems

Seaweed can boost your **protein** intake



SAPEA
Science Advice for Policy by European Academies



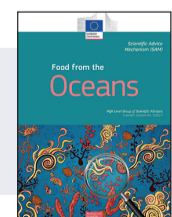
European Commission's Group of Chief Scientific Advisors
#SAMGroup_EU

The European Commission works to guarantee that the best policy will support every citizen in their daily life. The Commission makes decisions about our oceans and our food supply, based on advice from leading experts across Europe. Using expertise and evidence on the oceans, nutrition, the environment, psychology, spatial planning and regulations, the Group of Chief Scientific Advisors has made important recommendations to the European Commission.

You can learn more about the Scientific Advice Mechanism and the work done by the Group of Chief Scientific Advisors and the European academies at: ec.europa.eu/research/sam

Use **#FoodFromTheOceans** to let us know what you think about eating more food from the ocean

Find out more about the recent expert reports that investigate the issue of food from the oceans at: www.sapea.info/oceans



Leaflet designed in partnership with science made simple and Designworld Ltd



SAPEA
Experts from across Europe provide **scientific evidence**...

Which is used by the Group of Chief Scientific Advisors to provide **advice**...

Which is used by the European Commission to make **important decisions**.

The SAPEA project is part of the European Commission's Scientific Advice Mechanism and has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 737432. Disclaimer: This leaflet reflects only the authors' views. The European Commission is not responsible for any use that may be made of the information it contains.