



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

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

In general we eat  
organisms from  
**further up the food  
chain** in the **sea** than we do  
from the land.  
**This is not  
ecologically  
efficient**

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

**Jellyfish**  
contains  
**protein**

**Mussels**  
are a good  
source of  
**iron**

**Seaweed**  
can boost  
your **protein**  
intake

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

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



**SAPPEA**  
Science Advice for Policy by European Academies

European Commission's Group of  
Chief Scientific Advisors

Use **#FoodFromTheOceans** to let us know what you think about  
eating more food from the ocean. Visit [www.sapea.info/oceans](http://www.sapea.info/oceans) to find out more.