

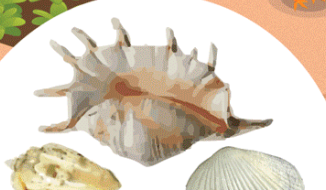
Aquatic Foods are sourced from diverse habitats

Diverse nutrient-rich aquatic foods are sourced from a range of habitats. They are collected through different fishing and gleaning techniques.

Aquaculture



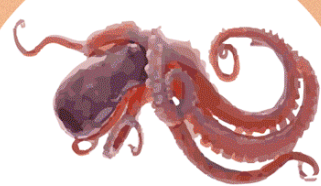
Tilapia



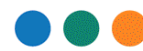
Clams/shells



Seaweed



Octopus



Beach

Reef flat



Cardinalfish



Sardine



Snapper



Reef

Fish aggregating device (FAD)



Garfish



Mackerel scad



Pelagic

Nutrition

● Protein ● Calcium ● Iron (bioavailable) ● Zinc ● Vitamin B12 ● Omega-3 fats

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