

Transforming UK seafood supply chains

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Background. Our research aims to understand how our consumption of seafood relates to food supply chains - what is being produced, what is imported and exported, and how does this relate to what we eat and what we should be eating for optimal health.

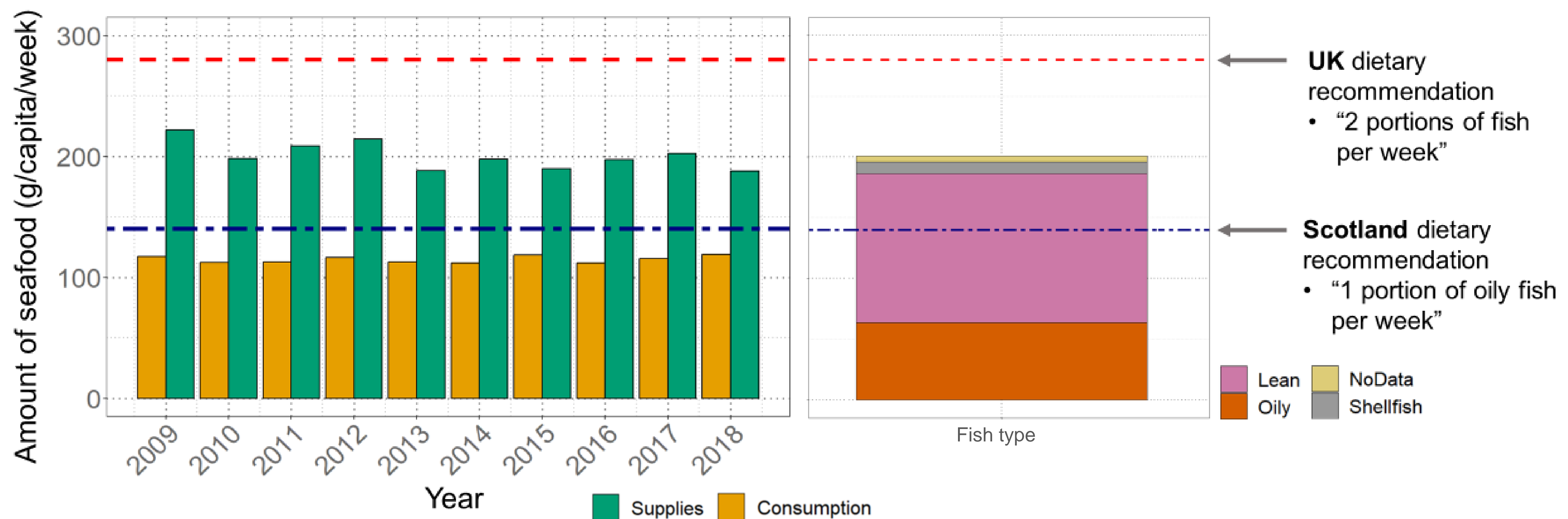
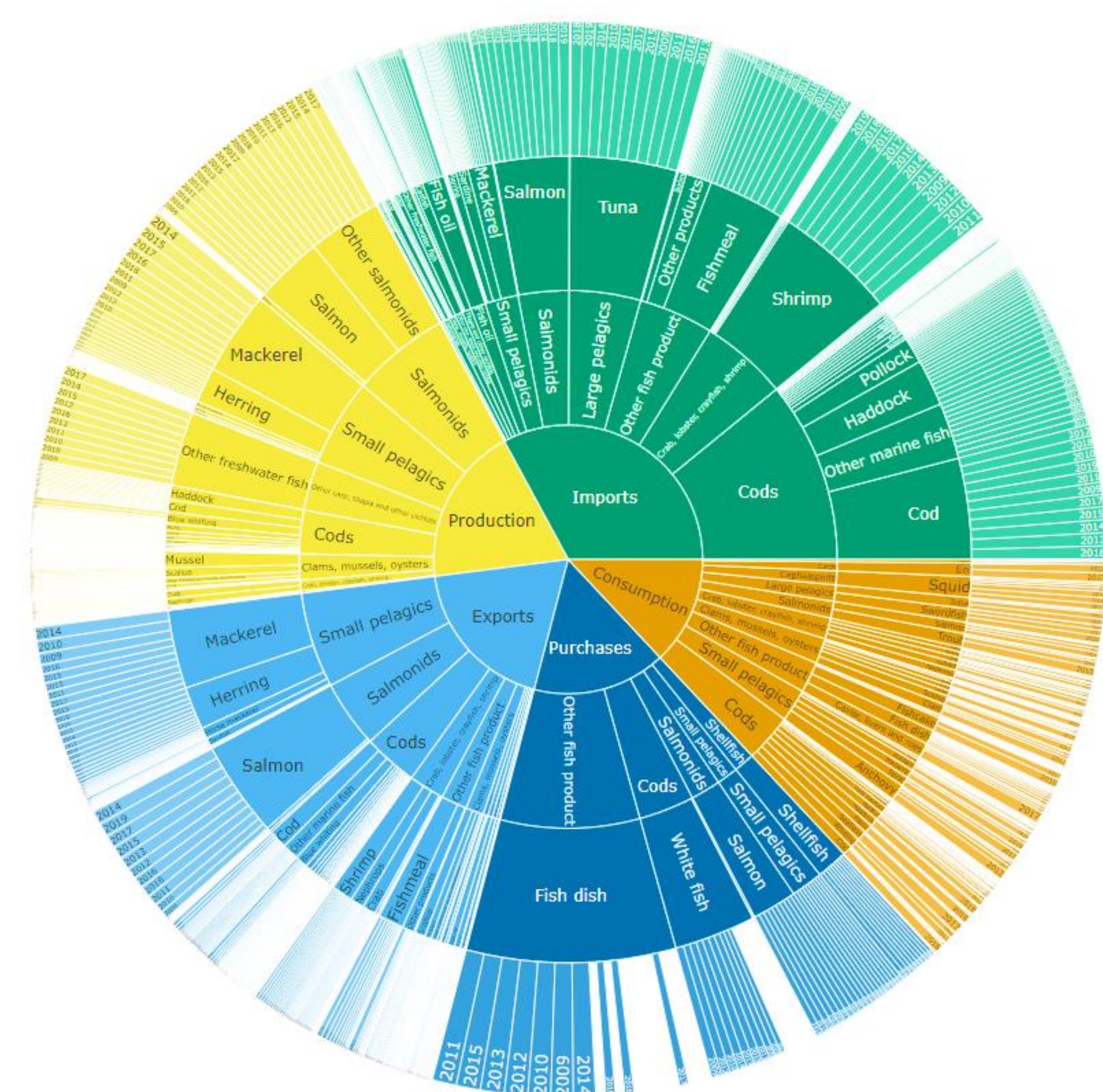
This knowledge will help to reconsider national food supply chains, but also ensure that current national dietary guidelines take into account consumer health outcomes, as well as food supplies and the sustainability of food production systems.

Research. We created a unique database linking seafood production (capture and aquaculture), trade (imports and exports), purchases (both within and out-of-home), and UK consumption data.

The UK is a net-importer of seafood - we export most of what we produce, and import the majority of the fish that are processed or consumed.



UK seafood supplies and consumption have been stable over the years. **We almost produce enough seafood to satisfy UK dietary recommendations** but we eat only half of what we should be eating.



The majority of the seafood we export is rich in vitamin D₃ and omega-3 fatty acids. Levels of vitamin D₃ and omega-3 fatty acids are particularly high in herring, mackerel, salmon, and scallops, but because of high export levels these nutrients are transported out of the UK.



Future impact

Our unique database will allow us to i) **rank important seafood categories**, both fresh and processed, in terms of nutritional value and environmental impact, and ii) model how a **transition to more healthy and sustainable seafood choices** affects the supply of fish and relevant nutrients towards the dietary reference intakes in the Scottish population.

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