





PROTEIN SCORECARD

What you put on your plate has a large impact on the environment. Research by WRI and its partners shows that meat and dairy are generally more resource-intensive to produce than plant-based foods, increasing pressure on land, water and the climate. Small dietary shifts—such as switching from beef to pork, or poultry to beans—can significantly reduce agricultural resource use and greenhouse gas (GHG) emissions. Use this scorecard to lower your diet's impacts in a way that works for you.

Read more at wri.org/shiftingdiets

Join the conversation [#ShiftingDiets](https://twitter.com/ShiftingDiets)

	FOOD	IMPACT (GHG emissions per gram of protein)	COST (Retail price per gram of protein)
LOW	Wheat		\$
	Corn		\$
	Beans, chickpeas, lentils		\$
	Rice		\$
	Fish		\$\$\$
	Soy		\$
	Nuts		\$\$\$
	Eggs		\$\$
MEDIUM	Poultry		\$\$
	Pork		\$\$
	Dairy (milk, cheese)		\$\$
HIGH	Beef		\$\$\$
	Lamb & goat		\$\$\$

Lighter shade shows emissions from agricultural production, darker shade shows emissions from land-use change.

How Much Protein Do You Need?

The average daily adult protein requirement is **56g** for a man and **46g** for a woman but many people consume much more than they need.



Sources: GlobAgri-WRR model developed by CIRAD, Princeton University, INRA, and WRI (GHG data); USDA and BLS (2016) (US retail price data).
Notes: see www.wri.org/proteinscorecard.

University of
Washington

U.S. Commercial Fisheries and the Seafood Industry

Landings and Values, 2019

National Totals



9.3
billion pounds
-1% from 2018

\$5.5
billion
-2.0% from 2018

Highest Value Species Groups*



SALMON
\$707 million



LOBSTER
\$668 million



CRABS
\$636 million

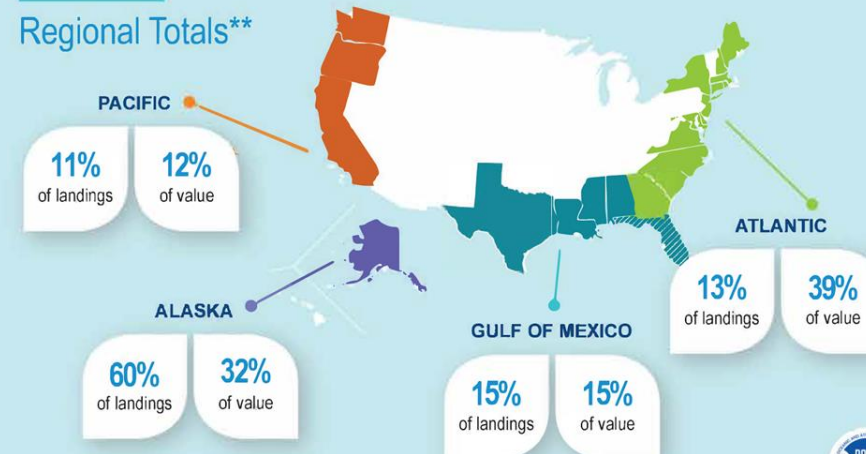


SCALLOPS
\$572 million



SHRIMP
\$467 million

Regional Totals**



* Ex-vessel value

** Hawaii contributed less than 1% of U.S. volume and 2% of U.S. landings value.
The Great Lakes contributed less than 1% of U.S. landings and landings value.



The Good and The Bad

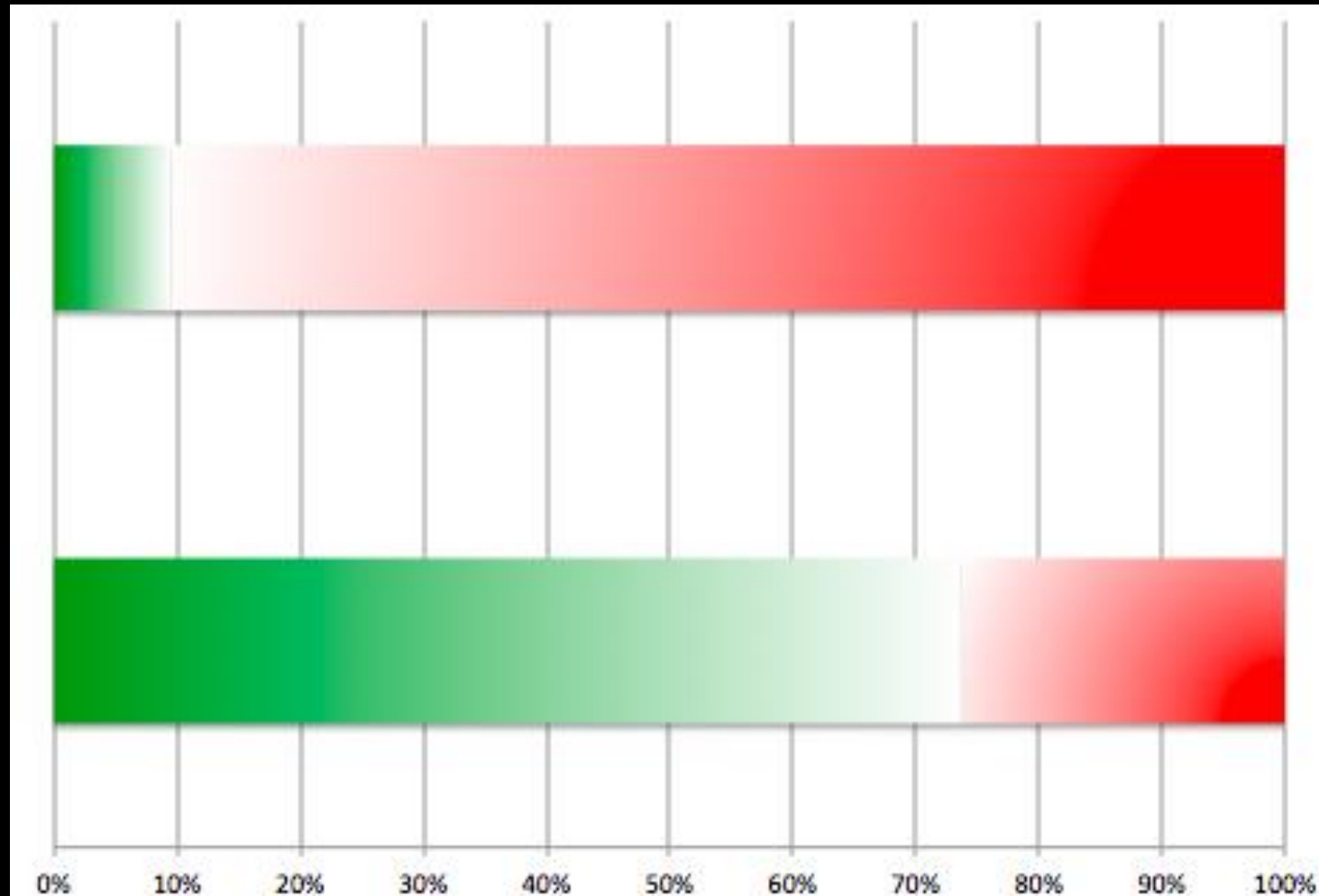
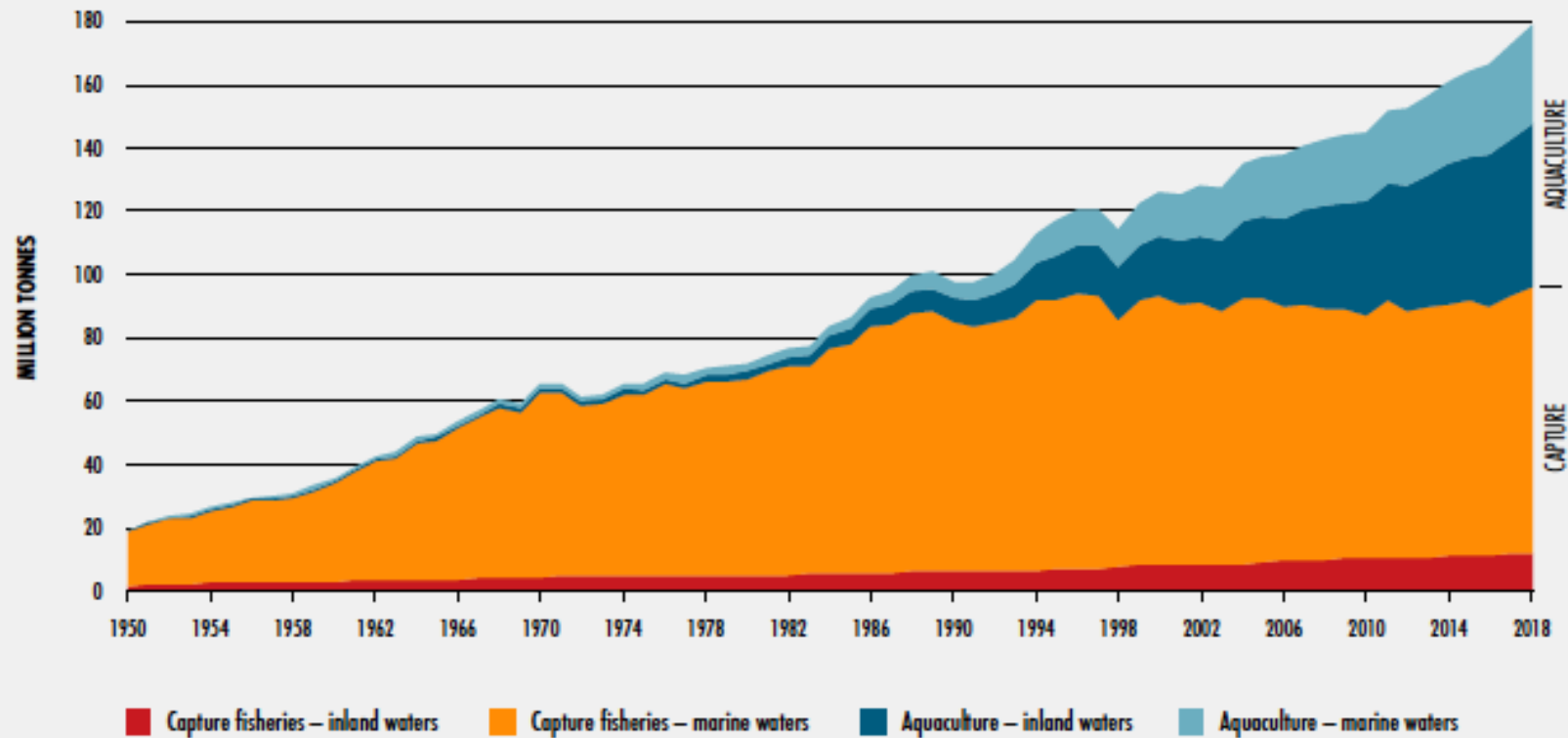




FIGURE 1
WORLD CAPTURE FISHERIES AND AQUACULTURE PRODUCTION

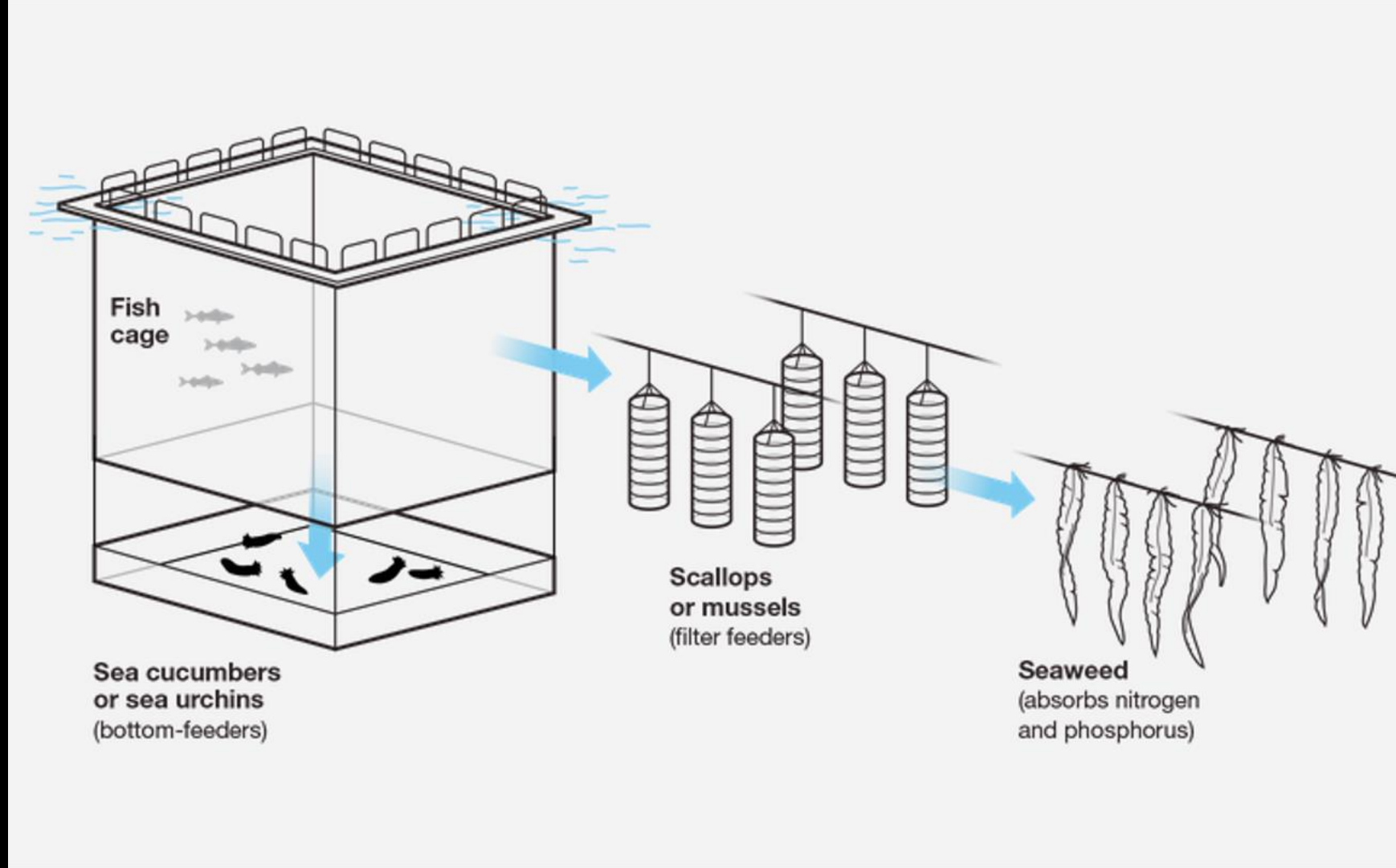


SOFIA

2020

NOTE: Excludes capture of mammals, crocodiles, alligators and caimans, seaweeds and other aquatic plants.

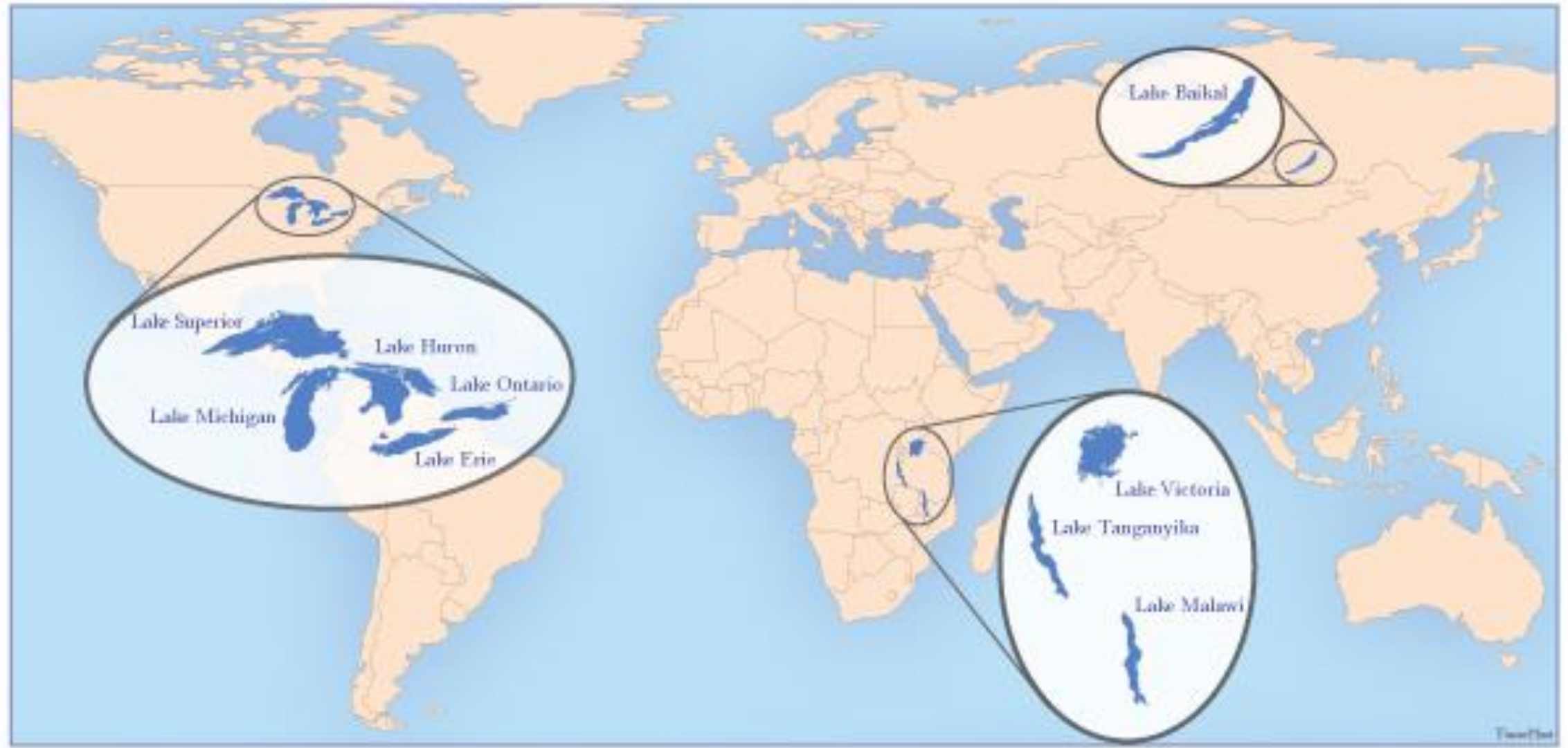
SOURCE: FAO.













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SEAFOOD LITERACY

with Barton Seaver

