



USAID
FROM THE AMERICAN PEOPLE

FOR IMMEDIATE RELEASE

April 22, 2009

Press Office: 202-712-4320

Public Information: 202-712-4810

Email: press@usaid.gov

www.usaid.gov

FACT SHEET

Environment and Food Security: Fisheries



Did you know that:

- Fisheries products are the world's most widely traded foods.
- Fishing is the largest extractive use of wildlife in the world.
- Even in small quantities, fish improve the quality of dietary protein by complementing essential amino acids often missing or underrepresented in vegetable-based diets.
- 2.6 billion people in developing countries rely on fish for a substantial part (more than 20 percent) of their animal protein consumption.
- Fish are the primary protein source for some 1 billion people worldwide, providing an important source of much needed high quality protein.
- Fish is more than just an alternative source of animal protein. Fish oils in fatty fish are the richest source of a type of fat that is vital to normal brain development in unborn babies and infants. Without adequate amounts of these fatty acids, normal brain development does not take place.



USAID
FROM THE AMERICAN PEOPLE

FACT SHEET

- Fish is an excellent source of vitamins like riboflavin (Vitamin B2), Vitamin D, which prevents osteoporosis and is a great source of necessary minerals, such as iron, zinc, and potassium.
- In 2002, the net export value of fish from developing countries was almost \$20 billion -- greater than the combined value of net exports of rice, coffee, sugar and tea.
- Over half of the fish in global trade, and 96 percent of all fishers, are small-scale fisheries; most of these fishers reside in developing countries.
- 50 million men and women are directly employed in small-scale fisheries.
- Fisheries provide an important source of livelihood and income, directly and indirectly, for more than one billion men, women and children.

###