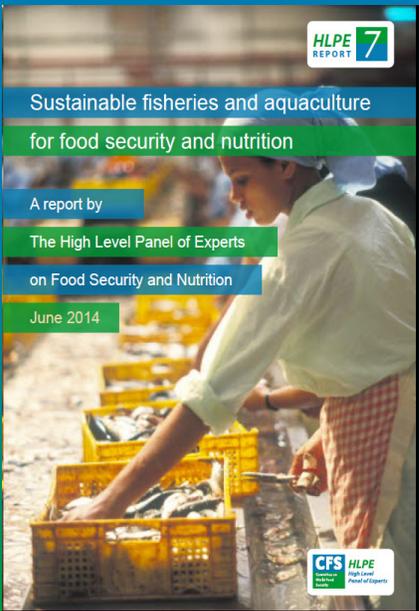


**CFS** **HLPE**  
COMMITTEE ON  
WORLD FOOD  
SECURITY High Level  
Panel of Experts

## **Sustainable fisheries and aquaculture for food security and nutrition**

*A report by the  
High Level Panel of Experts on  
Food Security and Nutrition  
of the CFS*

**Nathanaël Pingault,**  
HLPE Coordinator.  
*From healthy waters to healthy people*  
1<sup>st</sup> meeting – 5 July 2018 – FAO HQ



**HLPE** **7**  
REPORT

Sustainable fisheries and aquaculture  
for food security and nutrition

A report by  
The High Level Panel of Experts  
on Food Security and Nutrition  
June 2014

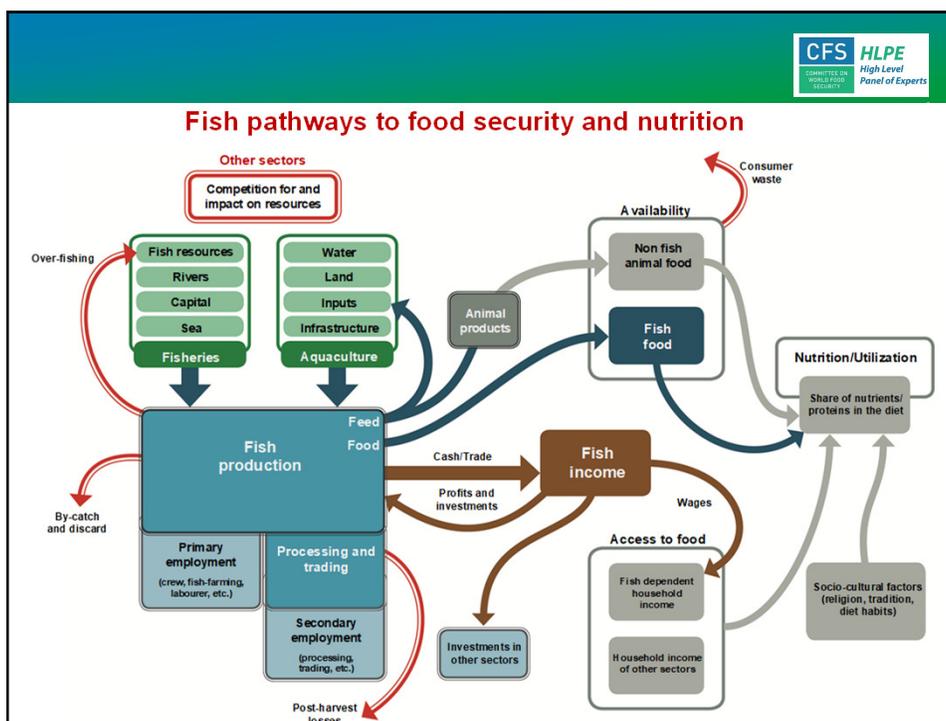
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## **Importance of fish for FSN**

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- Fish is an important source of protein,
- Bioavailability of fish protein 5-15 % higher than from plant sources
- Fish is an important source of LC-PUFAs (important for adult health and child development)
- Fish is an important source of essential micronutrients.

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## Improved governance for FSN

- Articulating different levels
- Articulating different, sometimes competing objectives/activities
- Access to resources (land, water, fish stocks)
  - Need to better integrate FSN objectives in fish governance
  - Need to better recognize the specific contribution of small-scale fisheries to FSN

## Key messages



1. Importance of fisheries and aquaculture for Food Security and Nutrition (FSN)
2. Possible pathways towards sustainable fisheries and aquaculture for better FSN
3. Call for improving the governance of fisheries and aquaculture for FSN

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The HLPE report is available in 6 languages at :  
<http://www.fao.org/cfs/cfs-hlpe/reports/report-7-elaboration-process/en/>

CFS recommendations are available in 6 languages at:

<http://www.fao.org/cfs/home/products/en/>

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