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## Ecological Food for Thought on Seafood

By Jill J. Grover

Infinity Publishing. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 8.4in. x 5.4in. x 0.2in. A seafood diet may enrich human health in many ways, especially through omega-3 fish oils, but is consuming more seafood good for the planet Ecological Food for Thought on Seafood considers the ecological costs of eating seafood. This includes which factors to consider when selecting seafood, and how to make sustainable choices that will not jeopardize future fishery stocks. The ecological impacts of capture fisheries and aquaculture are also compared. Sustainable seafood recipes provide new directions to take fish and shellfish, including instructions on how to make risotto from a salmon head. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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