

Fish contributions toward nutritional security in Kenya

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Supplementary Materials

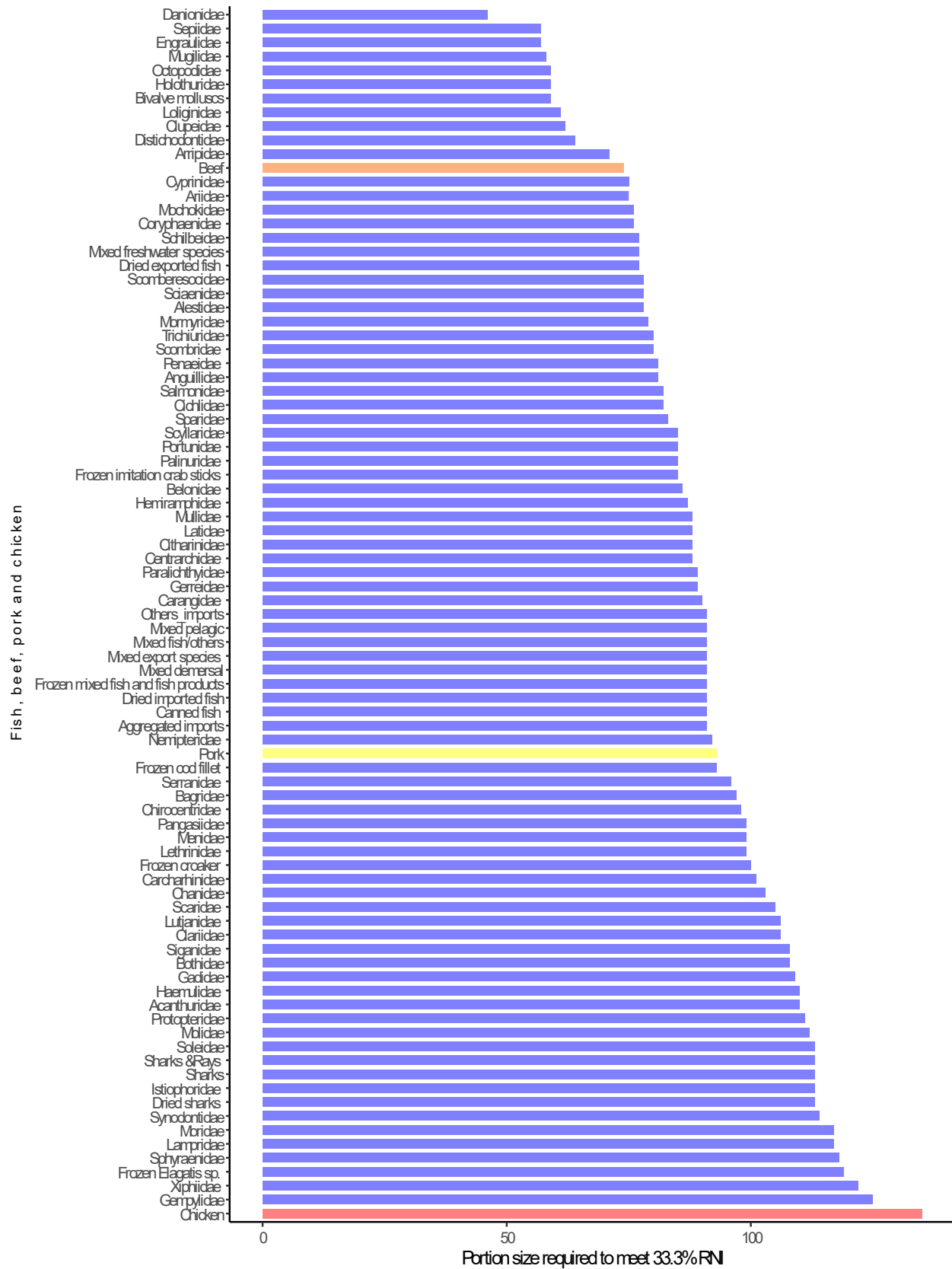


Fig. S1 - The fish portion size (grams) required to reach an average of 33.3% of daily recommended nutrient intakes across six nutrients (calcium, iron, selenium, vitamin A, zinc, and omega-3 fatty acids) for all 84 fish taxa (2005-2020) reported in Kenya's statistical bulletins, and the equivalent values for beef (orange bar), pork (yellow bar) and chicken (red bar) taken from Tacon and Metian, 2013. The recommended intakes (RNI) are for children under 5 years old.