



## Blue Food

**For Prelims:** Blue Food, Cardiovascular Disease, Microplastics.

**For Mains:** Significance of Blue Food, Issues Associated with Blue Food.

### Why in News?

A new study suggests that [blue food](#) sourced from aquatic environments can help reduce nutritional deficiencies and contribute to employment and export revenue in India.

### What is Blue Food?

- **About:**
  - Blue food is food derived from **aquatic animals, plants or algae** that are **caught or cultivated in freshwater and marine environments**.
- **Significance:**
  - **Key Source of Nutrient:**
    - **Blue foods** are important for the **economies, livelihoods, [nutritional security](#), and cultures of people in many countries**.
    - They supply protein to over **3.2 billion people**, are a key source of nutrients in many **coastal, rural and indigenous communities**, and support the livelihoods of over **800 million people**, the majority of whom work in **small-scale systems**.
  - **Low Emission and Tackle Deficiencies:**
    - They **generate lower emissions** compared to terrestrial meat.
    - **Aquatic foods** can also be used to address **[B12 and omega-3](#) deficiencies in India**.
      - Over **91% of countries with vitamin B12 deficiencies** also show high levels of omega-3 deficiency
  - **Reduce Cardiovascular Diseases:**
    - Promoting blue foods over red meat overconsumption could address health and environmental concerns for about 82% of the 22 countries suffering from a high **[cardiovascular disease](#)** risk.
  - **Revenue Potential for Global South:**
    - Blue foods can help **improve nutrition, livelihoods or national revenue** for the **global south and indigenous communities** in the global north.
- **Issues Associated with Blue Food:**
  - **Bycatch:** This refers to the **accidental capture of non-target species** in fishing nets, which can lead to the death of these animals.
  - **Pollution:** The presence of pollutants such as heavy metals, PCBs and **[microplastics](#)** in the **ocean can affect the quality and safety of seafood**.
  - **Mislabeling and Fraud:** There have been instances of mislabeling of seafood products, where a **cheaper fish is sold as a more expensive one**.
    - This can lead to consumer deception and potential health risks.
  - **Overexploitation:** Almost 90% of global marine fish stocks **are now fully exploited or**

overfished according to the [World Bank](#), which is an issue with **overfishing**, illegal fishing, and other unsustainable aquatic food production.

## Way Forward

- **Increasing Awareness:** Governments, NGOs, and the private sector should work together to increase awareness about the **benefits of blue food and its potential to address malnutrition, poverty, and environmental degradation.**
- **Promoting Sustainable Fishing Practices:** Fishing practices that are unsustainable, such as **overfishing, destructive fishing methods, and bycatch, need to be addressed to ensure that fish stocks are not depleted** and the marine ecosystem is protected.
- **Encouraging Aquaculture:** Aquaculture can be a sustainable way of producing blue food if it is done in an environmentally responsible manner.
  - Governments can promote the development of **sustainable aquaculture practices by providing technical assistance, training, and incentives.**

## UPSC Civil Services Examination, Previous Year's Question (PYQs)

**Q1.** Explain various types of revolutions, took place in Agriculture after Independence in India. How have these revolutions helped in poverty alleviation and food security in India? **(2017)**

**Q2.** Defining blue revolution, explain the problems and strategies for pisciculture development in India. **(2018)**

**Source:** [DTE](#)

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