

FISH FACTS

DID YOU KNOW?



It is scientific consensus that fish are conscious, intelligent and aware creatures



Studies estimate that up to **40%** of all marine life caught is thrown overboard as bycatch

Fish have the capacity to experience pain and fear, in the same way that mammals do



The contaminants in fish, such as mercury, often outweigh the benefits of omega 3 fatty acids

46%
of the Pacific
garbage patch is
fishing nets

Algae produce Omega 3 fatty acids, not fish



VEGAN FISH

Lamyong sell multiple vegan fish products: filets, prawns & calamari



Gardein fishless filets



Tuno: range of vegan tuna products

SEASPIRACY
WATCH ON **NETFLIX**



FOR HELP GOING VEGAN
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