

SEA 2
SEE



Layman's report

Benefits associated to

Algarve octopus

consumption

Research analysis and recommendations;
Dataset

Result Description

The report summarizes the results of a comprehensive analysis of common octopus (*Octopus vulgaris*) from the Algarve, one of the most valuable small-scale and artisanal fisheries in Portugal. In a clear and easy-to-understand language, it translates the scientific outcomes of octopus value assessment regarding their impact on human health. The favorable influence on health maintenance and promotion is estimated in terms of nutrients' content (improved nutritional status), quality of protein and fatty acids, and absence of contaminants (reduced hazards).

The report offers a balanced assessment of the nutritional benefits and potential risks associated with consumption of octopus from Algarve. This work was developed within life cycle analysis, impact and market uptake activities by analytical characterization of the octopus for 1 year. The scope is the octopus of the Algarve: microbiological, physicochemical and organoleptic characterization.

Result Significance

Several studies addressed certain aspects of octopus quality and food safety. However, we are unaware of any that have studied regulated and emerging contaminants, as well as nutritional aspects, sensorial evaluation, and potential health effects. In this respect, this research allowed us to draw important conclusions regarding the consumption of this product. Moreover, this report makes proper communication to society of benefits achieved through consumption of octopus. It is also seen as supporting the empowerment of industries that work with quality standards and traceability and boost the EU citizens towards sustainable, transparent and healthy choices.

Key Findings / Insights



Octopus is a nutritious food, low in fat and rich in protein, which can be part of a healthy and balanced diet. Its cardiovascular, neurological, and antioxidant benefits recommend its consumption.



It can be considered a beneficial food for human health, provided it is consumed responsibly, both from a nutritional and environmental perspective.



It is recommended to purchase octopus from a controlled source and support sustainable fishing to protect marine ecosystems.

Practical Value of this Knowledge

Today, people are concerned about food - where it comes from, how it was produced, the respect for the environment. All of this increases awareness of the importance of sustainable consumption. Then, stakeholders want to know about what they consume, so a good traceability tool linked to data on quality, safety and aspects of consumer health can imply a change in behavior and a willingness to pay more for this additional information.

Who Can Use This Knowledge



Seafood producers and processors

Firstly, this knowledge can be used by seafood producers and processors like artisanal fishermen as well as Docapesca and public authorities who will know firsthand the characteristics and properties of the octopus caught in the Algarve.

Consumers

Secondly, consumers will benefit, as additional information will be provided to satisfy their curiosity about the product they are about to consume.



Researchers and Society

Furthermore, researchers and society in general will have access to scientific information obtained within the framework of the project and published in a scientific journal.

Long-Term Impact Potential

The information described in the report is largely aimed at consumers, fishery producers, and related industries. Its scientific approach combined with clear and accessible language facilitates understanding by a large segment of society that is increasingly concerned about environmental sustainability, marine conservation, and the consumption of healthy products. Once consumers are aware of it, they will prefer this sustainably produced seafood, about which they have all the information regarding its production, traceability, and properties, making it a common practice in their consumption habits.

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