



**Eat more mussels!**

## Healthy seas and healthy meals

Mussels are a delicious and nutritious food that is sourced locally from Danish farmers. Mussels also clean our coastal waters by filtering water and storing nutrients such as nitrogen and phosphorus.

You can help by consuming more mussels! If every Dane were to eat 1 kg more mussels per year, 80 tons of nitrogen and 5 tons of phosphorus would be removed additionally from the sea.

[www.bonus-optimus.eu](http://www.bonus-optimus.eu)



Layout: V. Gasiunaite/EUCC-D

