



Certified sustainable Indian short necked clams

Ashtamudi Clam Fishery - the first fishery in India
to be MSC Certified as sustainable.

Ashtamudi Clam Fishery is MSC certified as sustainable. Short necked clams (*Paphia Malabarica*) are the smallest of clams and the most sought after in the world. Like other clams, short necked clams are low in fat and are a good source of protein. Clams are very high in iron and good source of phosphorous, potassium, zinc, copper, manganese, selenium, Vitamin A, C, B, 12 and riboflavin.

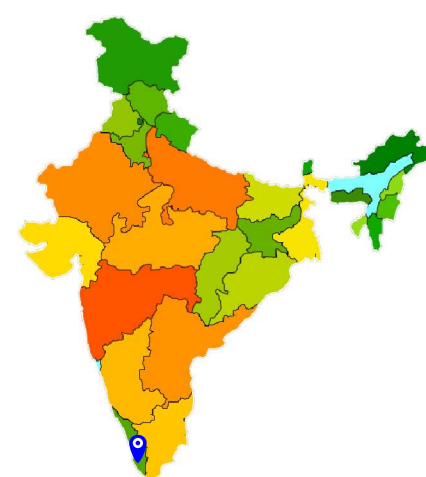
Clams have an amino acid score of 106, indicating that it is a high quality protein. Eating clams reduces cholesterol levels. It helps build and repair muscles and tissues and helps maintain a healthy skin.



The Ashtamudi story

In the 1990s, indiscriminate fishing resulted in the depletion of the clam population by half, negatively affecting the trade and income of the local fishermen. This pushed the fishermen to adopt sustainable practices with guidance from experts. They started maintaining a minimum mesh size of their fishing nets to avoid catching juvenile clams, prohibiting mechanical clam fishing that resorts to mass and indiscriminate fishing practices and deciding on a fishing holiday during the breeding season every year to replenish the clam mass. Catches have remained steady at around 10,000 tonnes a year. This revived the clam population and improved the condition of the lake as well as that of the locals depending on it for their livelihood.

This led to the certification of Ashtamudi Clam Fisheries as sustainable by the Marine Stewardship Council (MSC).



Ashtamudi Lake

**The Marine Products Export Development Authority
(Ministry of Commerce & Industry, Government of India)**