

SARDINE



Common name: Sardine or mackerel

Scientific name: *Sardina pilchardus*

Uniform scaly body with bluish, greenish back, ventrally silvery and with a bright blue lateral line.

It has a total of 5 fins, the bifid and symmetrical flow being characteristic of blue fish.

Help us keep
good
eyesight!



Wandering and gregarious animal. During the day it inhabits greater depths than at night, when fishing with trawls on the surface.



Source of Vitamin A, Retinol, helps us maintain good eyesight, vitamin D and omega 3 fatty acid.