

**North
Pacific**
SEAFOODS™

Alaska Pacific Cod



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Pacific Cod *Gadus macrocephalus*

A diet staple for centuries, Pacific cod has become the standard by which all other white-fish are judged. With snow-white meat, firm texture, large flakes, and a mild, slightly sweet flavor, this versatile fish is favored in traditional dishes and innovative adaptations around the world.

In Alaska, Pacific cod fisheries are very tightly managed. In order to sustain the resource, government agencies conduct test fishing annually to measure the size of the stocks. They preserve a base amount of each species for stock growth in future years, and allow harvesting only on those stocks that are surplus to this base. With this management system in place, there is no indication of resource stress or overfishing in Alaska, unlike fisheries for similar species in other parts of the world.

Ranging from five to ten pounds, Alaska Pacific cod has a pale brown to gray black back with numerous spots. Due to its gray color, it is also commonly known as gray cod. Other names for this species include treska, Alaska cod, Pacific cod and true cod, all of which are used to distinguish Pacific cod from lingcod, blackcod and rockcod.

Product Specifications

North Pacific Seafoods processes Pacific cod caught in trawl, longline, pot and jig fisheries. The fish is harvested year-round and is available as frozen dressed fish, shatterpack fillets, or individually quick frozen (IQF) fillets. During harvesting periods, fresh Pacific cod fillets and dressed fish are available. Our close working relationship with the fishing fleet coupled with our processing and shipping systems ensures the freshness and traceability of all our cod products.

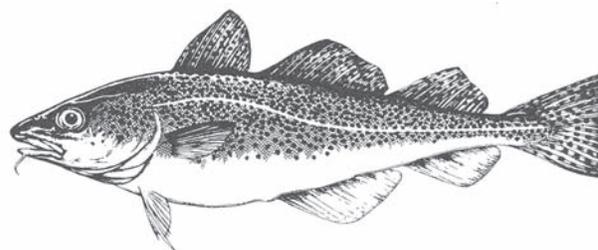
Pacific Cod	Size of Fish/Fillet	Pack (pounds)
Dressed fish	S: 500g/1 kg, M: 1/2 kg, L: 2/3 kg, LL: 3/up kg	50 (pan frozen) 1000 (IQF)
Shatterpack fillets	4/8 oz, 8/16 oz, 16/32 oz, 32/up oz	3/15
IQF fillets	4/8 oz, 8/16 oz, 16/32 oz, 32/up oz	1/25

The chart above lists our most common pack sizes. Other packs are available by customer request.

Nutrition Facts

Serving Size 3.5 oz (100g)	Pacific Cod
Calories	105
Fat	1g
Saturated Fat	0g
Cholesterol	47mg
Sodium	91mg
Protein	23g

Source: USDA National Nutrition Database, Release 17.
More detailed nutritional information is available upon request.



Whole Alaska Pacific Cod

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