

**North
Pacific**
SEAFOODS™

Alaska Pollock



The largest food fishery in the world and the largest fishery in the United States, Alaska pollock is used as an ingredient in hundreds of products worldwide. This member of the cod family offers snow-white meat, a flaky texture and a mild taste, which makes it a popular ingredient for foodservice operators and prepared food manufacturers.

Caught by mid-water trawl in the Bering Sea and the Gulf of Alaska, Alaska pollock is most often found in breaded portions, fish sticks, sauced entrées and other value-added seafood products. Alaska pollock is also one of the primary ingredients in the best quality surimi analog products. The fish is made into surimi, a protein paste, then flavored with shellfish, such as crab or lobster, to make popular food items for salads, sandwiches and appetizers.

The Alaska pollock fishery is a model for sustainable fisheries management. Relying on the advice of expert scientists and the data they collect, the regulators set very conservative catch limits for the fishery. The harvest is fully monitored by federal observers, who are stationed on boats to collect data on the catch. This comprehensive and conservative approach is characteristic of all Alaska fisheries and is the reason why Alaska seafood resources are recognized as sustainable around the world.

Product Specifications

North Pacific Seafoods processes Alaska pollock into dressed fish, shatterpack fillets and individually quick frozen (IQF) fillets to meet a variety of market applications. In the Gulf of Alaska, pollock is harvested in two seasons. "A and B" season begins in mid-January and runs until the end of March. The pollock "C and D" season begins in mid-August and runs to mid-October. Our scheduling of the fishing fleet coupled with our processing and shipping systems ensures the freshness and traceability of Alaska pollock products. North Pacific Seafoods is also certified by the Marine Stewardship Council to provide sustainable Alaska pollock to our customers.

Alaska Pollock	Size of Fish/Filet	Pack (pounds)
Dressed fish	under 20 cm, 20-25 cm, 25-30 cm 30-35 cm, 35 cm up	50
Shatterpack fillets	2/4 oz, 4/6 oz, 6/8 oz, 8/up oz	3/15
IQF fillets	2/4 oz, 4/6 oz, 6/8 oz, 8/up oz	1/25

The chart above lists our most common pack sizes. Other packs are available by customer request. See our Halibut Guide at www.northpacificseafoods.com for more information.

Nutrition Facts

Serving Size 3.5 oz (100g)	Alaska Pollock
Calories	113
Fat	1.1g
Saturated Fat	0.2g
Cholesterol	96mg
Sodium	116mg
Protein	24g

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

