



SEA HARVEST SEAFOOD LTD.

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ABOUT ATLANTIC COD

GADUS MORHUA

The Atlantic Cod is a ground fish caught in the waters of Atlantic Canada. They're a large bodied fish with a large head and a very distinct barbel (like a whisker) on their chin. They range in colour from yellowish-green to red and olive browns, with darker speckles and spots along the upper half of their body. They reach maturity in 3 - 7 years and get to be about 100 cm long. They are considered top predators in the bottom ocean ecology, feeding on smaller fish and invertebrates.

ATLANTIC COD. PURE.

Atlantic Cod is fished primarily using gillnets and hand lines. The commercial season runs the last 2 weeks of June and from August through to the end of November. Cod has a dense, white and flaky flesh and is used mostly for human consumption

SUSTAINABILITY

The commercial Atlantic Cod fishery in Canadian waters is managed by Canada's Department of Fisheries and Oceans. After a moratorium on cod fishing in 1992 to protect the species, stocks have slowly rebounded. Every effort is made to ensure long term sustainability.

PRODUCT TYPES

Atlantic Cod comes packaged as frozen boneless, skinless fillets.

- Sizes: 8/12 oz,
- 12/16 oz,
- 16/32 oz
- 4/10 lb shatter pack cartons

NUTRITION FACTS

SERVING SIZE IS 200 GRAMS

CALORIES 164

FAT 1.4 G

SATURATED FAT 0.2 G

TRANS FAT 0 G

CHOLESTEROL 86 MG

SODIUM 108 MG

TOTAL CARBOHYDRATE 0 G

DIETARY FIBER 0 G

SUGAR 0 G

PROTEIN 36 G

REGION OF ORIGIN

