



SEA HARVEST SEAFOOD LTD.

1-902-209-5077 WWW.SEAHARVESTSEAFOODS.COM



ABOUT PACIFIC HAKE

MERLUCCIUS PRODUCTUS

The Pacific Hake goes by several names, including North Pacific Hake, Pacific Whiting and the Jack Salmon. Their range extends from the Gulf of California to just north of Vancouver Island. They're black-speckled and silver grey, with a white underbelly. They grow about 3 ft (90 cm) in length. They mature within 3 to 5 years and can live to be 20 years old. They are highly fecund and may spawn more than once per year, making it a very valuable commercial species.

PACIFIC HAKE. PURE.

Pacific hake is fished using mid-trawlers between May and November, depending on the fishery. A white fleshed fish, hake is used mostly for human consumption, but a secondary use is as a fish meal for aquaculture or pet food.

SUSTAINABILITY

The Pacific commercial Pacific hake fishery works closely with Canada's Department of Fisheries and Oceans to manage hake stocks and ensure sustainability. As of 2018 the fishery is labelled as healthy.

PRODUCT TYPES

Pacific hake comes packaged in a wide selection of products and sizes, fresh, processed and frozen for consistent quality, including:

- HG, HGT, or whole round in 1/10 kgs blocks or 1/16 kgs IQF cartons.

NUTRITION FACTS

SERVING SIZE IS 200 GRAMS

CALORIES 156

FAT 1.8 G

SATURATED FAT 0.4 G

TRANS FAT 0 G

CHOLESTEROL 40 MG

SODIUM 200 MG

TOTAL CARBOHYDRATE 0 G

DIETARY FIBER 0 G

SUGAR 0 G

PROTEIN 34 G

REGION OF ORIGIN



SEA HARVEST SEAFOOD LTD. Halifax, Nova Scotia, Canada

1-902-209-5077 | chris@sea-harvest.ca | www.seaharvestseafoods.com