



*Wild Alaska*

## COD

### A CONSUMER FAVORITE

One of the most popular North Pacific groundfish, Alaska Cod is the highest-quality cod available, with slightly sweet flavor and a moist, firm texture that makes it suitable for a wide variety of preparation methods.

### YEAR-ROUND AVAILABILITY

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. Harvested throughout the Gulf of Alaska, Bering Sea and Aleutian Islands, Alaska Cod is available fresh fall and winter, and frozen year-round.

### QUICK AND EASY PREPARATION

Available in fillets and portions, Alaska Cod is easy to prepare, with no waste. Alaska Cod can star on its own in the center of the plate, but it's also excellent as an ingredient in salads, appetizers and chowders.

### VERSATILE AND HIGHLY ADAPTABLE

With its firm yet moist texture, distinctive large flake and mild, slightly sweet flavor, Alaska Cod adapts easily to most cooking methods, and can be roasted, poached, steamed, sautéed, or deep-fried for fish and chips. Alaska Cod is also perfectly complemented by a wide array of sauces, herbs, spices and coatings.

### SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries. Alaska's fisheries adhere to the most recognized and internationally accepted set of guidelines, written by the United Nation's Food and Agriculture Organization (FAO). By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.



*Wild, Natural & Sustainable®*

The Alaska Seafood logo affirms your support for **SUSTAINABLE FISHERIES.**

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## NUTRITION FACTS

Serving Size: 3.5 oz. (100g)  
Cooked, Edible Portion

Calories	100
Protein	23g
Total Fat	<1g
Saturated Fat	<.5g
Sodium	90mg
Cholesterol	45mg
Omega-3 Fatty Acids	280mg



### COMMON MARKET NAME(S):

- Alaska Cod
- Pacific Cod
- True Cod
- Grey Cod

### SCIENTIFIC NAME:

- *Gadus macrocephalus*

### HARVESTING SEASONS:

- Harvested January through mid-May and September through October with sporadic openings during the summer

### SIZE:

- Average weight 2.2-4.5kg. up to 18 lbs.
- Fillet Sizes: 4-8 oz., 8-16 oz., 16-32 oz., 32 oz. and up
- Portion Sizes: 4-8 oz. IQF

### HABITAT:

- Live near the bottom and concentrate on the shelf edge and upper slope (100 to 250 meters deep) in the winter and move to shallower waters (less than 100 meters deep) in the summer

### HARVEST METHOD(S):

- Trawl
- Longline
- Pot
- Jig

### FOOD SAFETY:

- HACCP

### ADDITIVES:

- None

### PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skin-off, pin-bone in or boneless
- Frozen: dressed; dressed/headed (H&G); IQF fillets, skinless boneless or skin-on pin-bone in or skinless/boneless shatter or layer packs; skinless-boneless fillet and mince blocks

### PRODUCT PACKING:

- Fresh: fillets 2.2, 4.5 and 7kg. poly bags; 4.5, 5.4 or 9kg. plastic boxes
- Frozen: dressed/headed (H&G) 22 and 36kg. boxes, fillets 6kg. shatter packs/20kg. master and 4.5 to 11kg. IQF packs, mince and fillets 7.4kg. blocks/22.4kg. master

### FOOD SOURCE:

- Includes clams, worms, crab, shrimp, and juvenile fish

### OTHER INFORMATION:

- Moist, firm fillets with snow white color and sweet flavor



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**Corporate Headquarters:**  
311 N. Franklin Street, Suite 200  
Juneau, AK 99801  
**Phone:** (907) 465-5560  
**Toll Free:** (800) 478-2903  
**Fax:** (907) 465-5572

**Marketing Office:**  
150 Nickerson Street, Suite 310  
Seattle, WA 98109  
**Phone:** (206) 352-8920  
**Fax:** (206) 352-8930

**Eastern Europe Representative:**

**Mail:** [eeu@alaskaseafood.org](mailto:eeu@alaskaseafood.org)

**Phone:** +380 (67) 797 38 28

[eeu.alaskaseafood.org](http://eeu.alaskaseafood.org)