

Atlantic Cod

Source: Atlantic



~ *Gadus morhua*

Product Line



16-32 oz fillets
Skinless/ skin on,
Boneless/ shattr pack
10 kg cartons NET



140g +/-10% loins
Skinless, Boneless
bulk pack
10 kg cartons NET



100g +/-10% rolls
Skinless, Boneless
bulk pack
10 kg cartons NET

Documentation Proof

Country

Atlantic North Sea (FAO27)

Documents Required

Certificate of Origin
Inspection and Quarantine Certificate
Catch Certificate

Sustainability

The state of the cod stock in this area is recovering from an all time low in 1993; the implementation of the Harvest Control rule, based on a 20% harvest rate since a Government management plan was adopted in 2009, has seen SSB rise from 120kt to around 360kt at present.



Summary

The longline, handline and Danish seine fishery for cod for the Atlantic was certified to the Marine Stewardship Council (MSC) standard as an environmentally responsible fishery in June 2011.

PRR Accepted Standard

Caught by Demersal otter trawl, longline or gill net from North East Atlantic (FAO27)

Nutritional Information

Servings	1
Serving Weight	100g (raw)
Calories	82
Protein	17.81 g
Fat, total	0.67 g
Saturated fatty acids, total	0.131 g
Carbohydrate	0 g
Sugars, total	0 g
Sodium	43 mg
Selenium	33.1 mcg
Sodium	54 mg

