IN ALASKA, PROTECTING the future of both the stocks and THE ENVIRONMENT TAKES PRIORITY over opportunities for commercial harvest. Populations of Alaska pollock in the Bering Sea, Aleutian Islands, and Gulf of Alaska are estimated separately using annual scientific research surveys. Managers use survey data to determine the “TOTAL AVAILABLE” population, identify the “ALLOWABLE CATCH” and set a lower “ACTUAL CATCH” limit to ensure that the wild population in Alaska's waters will always be sustainable.

The Alaska pollock fishery is the LARGEST SUSTAINABLE FISHERY in the United States.

Due to its versatility, NO PART OF AN ALASKA POLLOCK GOES TO WASTE.

Referred to in Japan as tarako (salted) and mentaiko (spiced), ALASKA POLLOCK ROE is popular for its rich, salty flavor. Alaska pollock stomachs and milt are also enjoyed in China and other Asian countries. The oil is used for pharmaceuticals and collagen is made from the skins. Everything that is not consumed is made into high protein fishmeal to feed aquaculture species.

ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)

MARINE STEWARDSHIP COUNCIL (MSC)
3.0 oz. of ALASKA POLLOCK

- 16 g PROTEIN (32% DV)
- 3.1 mcg VITAMIN B12 (130% DV)
- 285 mg OMEGA 3s DHA & EPA
- 0 g CARBOHYDRATE

DV = Daily Value // 3.0 oz = 85g
Source: USDA Standard Reference Release 28

**ASK for ALASKA**

A RULING BY THE FDA MEANS THAT ONLY POLLOCK ORIGINATING FROM ALASKA CAN CARRY THE NAME Alaska Pollock IN THE US

**COOKING PROFILE**

**METHOD** Poaching, baking, broiling, steaming, sautéing, frying—ANYTHING!

**FORGIVING AND VERSATILE**

Fits into any recipe

**THE WILD ALASKA POLLOCK:**

- A semi bottom-dwelling and schooling species, ranging from surface waters to depths of over 500 meters.
- Seasonally migratory, moving from deeper waters in the winter to shallow waters near the Alaska coast in spring.
- A short-lived species, able to reproduce from around age 3 and surviving for around 12 years.
- Impartial predators, having diets that vary with their size from zooplankton and krill to small fish.

**CALORIES FROM ALASKA POLLOCK ARE 97% FROM PROTEIN!**

Compared to other protein sources like chicken breast (75%) and lean ground beef (43%), it’s clear there’s no cleaner protein than wild Alaska pollock.

**THE HIGH PROTEIN CONTENT OF WILD ALASKA POLLOCK IS easily digestible, and has all nine amino acids the body can’t produce itself—a complete protein of the highest quality.**

**Benefits of Complete High Quality Protein**

- Build and maintain lean body mass
- Regulation of metabolism
- Improved satiation—leading to lower intake and possible weight loss
- Stronger muscles, resulting in greater mobility, strength, and dexterity

**Recipes**

Blackened Tacos with Beet-Apple Slaw and Avocado Crema | Baked with Green Pea Hummus and Pomegranate Falafel with Mint hummus and Harissa Carrots | Laos-Style LAAP | Asian Rice Bowl

Find these and more at WILDAKALASKASEAFOOD.COM/RECIPES

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