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 certified under two independent certification standards for sustainable fisheries:

- ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
- MARINE STEWARDSHIP COUNCIL (MSC)

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.
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

ALASKA POLLOCK IS A POWERHOUSE OF COMPLETE, HIGH QUALITY PROTEIN.

**COOKING PROFILE**

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

**FORGIVING AND VERSATILE**
Fits into any recipe

“Cooking with Alaska pollock is a joy as the fish itself is wonderfully forgiving and versatile. If you are looking for nutritious versatility and ease of preparation, Alaska pollock is your new favorite protein.”

CHEF GARRETT BERDAN, RDN
Culinary Nutritionist

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.

**NUTRITION**

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

**GASTRONOMY**
FLAKY • FRESH • TENDER
DELICATE • MILD

**WILD HABITAT**

WILD HABITAT

**Benefits of Complete High Quality Protein**
- Build and maintain lean body mass
- Regulation of metabolism
- Improved satiety—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 WILDALASKASEAFood.COM/RECIPES

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