Though widely known for its rich white meat, PACIFIC COD IS ONE OF the most fully utilized species IN A VARIETY OF APPLICATIONS. Pacific cod cheeks and bellies are seen as luxuries, and the roe and milt are sought-after delicacies in numerous markets. The skin, fish oil, and liver oil all have nutraceutical/pharmaceutical uses as collagen and omega-3 supplements, and both the oils and fish meals from Pacific cod have been utilized in aquaculture feeds.

In Alaska, protecting the future of both the Pacific cod stocks and the ENVIRONMENT TAKES PRIORITY over opportunities for commercial harvest. NOAA Fisheries and the North Pacific Fishery Management Council use surveys to assess biomass and set catch limits. Once this has been determined fishermen holding permits are allocated quota, and the number of permits is limited to prevent overfishing. In addition, NPFMC/NOAA ESTABLISHES LIMITS TO MITIGATE ENCOUNTERS WITH NON-TARGET SPECIES, and in season catch monitoring is rigorous. These methods ENSURE Wild Pacific Cod ARE AVAILABLE in ALASKA for GENERATIONS TO COME.

The Alaska Pacific cod fishery is certified under two independent certification standards for sustainable fisheries:

- ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
- MARINE STEWARDSHIP COUNCIL (MSC)
The Pacific Cod:

- A relatively short-lived species, Pacific cod are known to live for a maximum of 20 years.
- A schooling fish, Pacific cod travel together from their deep spawning areas to their shallower feeding grounds annually.
- Much like catfish, Pacific cod have a whisker-like organ called a long chin barbell near the mouth which has taste buds to help find food.
- Indiscriminate predators, Pacific cod are known to eat clams, worms, crab, shrimp, and other fish species.

COMMERCIAL COD: Pacific Cod is 1 of the LARGEST GROUNDFISH HARVESTS in the US with landings of over 500 million pounds worth over $200 million on an annual basis.

LEAN AND MEAN: Do not overcook or overhandle.

ALASKA PACIFIC COD IS FILLED TO THE GILLS WITH HIGH QUALITY, FAT-FREE PROTEIN.

<table>
<thead>
<tr>
<th>3.0 oz of PACIFIC COD</th>
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<tr>
<td>17 g PROTEIN (34% DV)</td>
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<tr>
<td>70 mg OMEGA 3s DHA &amp; EPA</td>
</tr>
<tr>
<td>1.6 mcg VITAMIN B12 (67% DV)</td>
</tr>
<tr>
<td>24 mcg SELENIUM (44% DV)</td>
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</tbody>
</table>

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

THE HIGH PROTEIN CONTENT OF WILD ALASKA PACIFIC COD IS easily digestible, and has all nine amino acids the body can't produce itself – a complete protein of the highest quality.

Benefits of Selenium

- Acts as a powerful antioxidant
- Prevents cognitive decline
- Vital for thyroid health
- Boosts the immune system
- May reduce risks of cancers
- May protect against heart disease

SLIGHTLY SWEET • FIRM L Colleges

“Pacific cod is incredibly versatile, flavorful, nutritious, and easy on the wallet. One of my favorite dishes is to simply pan sear it with butter, and add olives, tomatoes, fresh garlic, fresh shaved fennel, and orange segments. It’s bright, vibrant, flavor filled and so satisfying.”

CHEF LAURA COLE
229 Parks Restaurant and Tavern Denali National Park, Alaska

Recipes

Pan-Seared Alaska Cod Over Minted Pea Puree | Parmesan-Crusted Alaska Cod with Summertime Arugula Salad
Golden Cod with Creamy Potato and Leek Ragout | Blackened Alaska Cod Tacos | Provencal Cod Cakes
Find these and more at WILDALASKASEAFOOD.COM/RECIPES