

WILD ALASKA POLLOCK PORTIONS



Wild, Natural & Sustainable®

Valuable Wild Caught Protein

A Permanent Item in USDA Food Banks

Delicious and versatile, Wild Alaska Pollock has a mild cod-like taste, white flaky meat and a delicate texture. This item is now permanently on the USDA Foods Available List for food banks and safety net programs, in 4 oz. glazed portions of Wild Alaska Pollock, serpentine cut from frozen PBO block (USDA #11345). Alaska Pollock is a prized ingredient in more than 1,000 consumer products worldwide, including value-added seafood meals; breaded favorites, such as fish sticks, fish sandwiches and fish and chips; and surimi seafood products; some are also on the USDA lists for schools and other programs. Wild Alaska Pollock Portions are not breaded, and deemed a healthy Alaska Seafood choice, by the U.S. Food and Drug Administration. FDA & public health officials recommend unrestricted consumption of Wild Alaska Pollock for everyone, including pregnant and nursing women and young children; at least 8 oz. per week according to the Dietary Guidelines for Americans (2020-2025).



Credit: Global Food & Nutrition

Sustainable & Nutritional

Q: How is Wild Alaska Pollock harvested?

A: All Wild Alaska Pollock is wild-caught in sustainably-managed fisheries in the northern Pacific Ocean. There is no commercial aquaculture for this species. Alaska Pollock is primarily harvested by trawl vessels, which tow nets through the middle of the water column. Some vessels are known as catcher/processors because they catch their own fish and process and flash freeze them at sea. Other vessels deliver their catch to mother ships (at-sea processing vessels) or to shore-side seafood processors.

Q: What are the nutritional benefits of frozen Wild Alaska Pollock Portions?

A: Pure and wholesome, Wild Alaska Pollock Portions are low in saturated fats and calories, and are rich in Omega-3 fatty acids. The portions are high in protein, low in fat, and provide between 400 and 500 milligrams of Omega-3 fatty acids per 3 oz. cooked serving for a healthy heart and brain.

PROFILE OF NUTRIENTS

per 100 grams

WILD ALASKA POLLOCK

| | |
|---------------------|---------|
| Energy (kcal) | 113 |
| Protein (g) | 23.5 |
| Fat (g) | 1.10 |
| Carbohydrate | 0 g |
| Omega-3 Fatty Acids | 500 mg |
| Iron | 0.28 mg |
| Sodium | 116 mg |



Credit: Plated