

POLLOCK



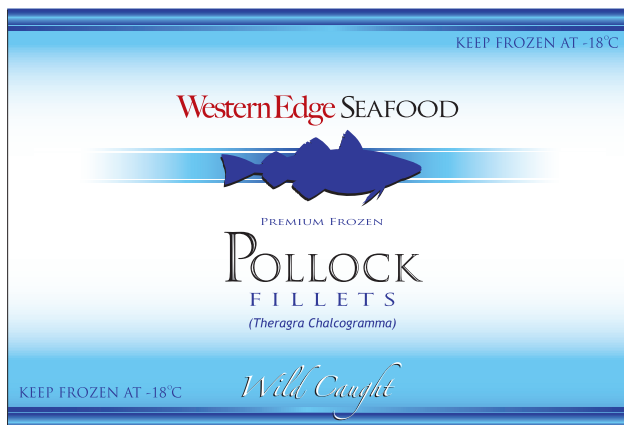
ABOUT POLLOCK

ALASKAN POLLOCK IS LARGELY CONSIDERED TO BE A WHITEFISH SPECIES, AND IS ONE OF THE TOP 5 CONSUMED SPECIES IN THE U.S., DESPITE ITS TRADITIONAL POPULARITY AS A SOURCE OF FOOD IN SOME EUROPEAN COUNTRIES. IT HAS BEEN LARGELY CONSUMED AS A CHEAPER AND MORE VERSATILE ALTERNATIVE TO COD AND HADDOCK IN THE U.S. DUE TO OVER-FISHING OF COD AND HADDOCK. IT CAN NOW BE FOUND IN MOST SUPERMARKETS AS FROZEN FILLETS IN RETAIL BAGS OR PRE-PREPARED FREEZER ITEMS. FOR EXAMPLE, WHEN MINCED, IT IS THE PRIMARY COMPONENT OF POPULAR ITEMS SUCH AS FISH STICKS AND SANDWICHES, AND ALSO USED IN THE PRODUCTION OF IMITATION CRAB MEAT.

PACKAGING

IQF - PACKED IN 4 X 10 IN 40LB MASTERS FILLETS ARE INDIVIDUALLY QUICK FROZEN AND PACKED BULK FOR EASE OF HANDLING.

MASTER CARTONS



Western Edge SEAFOOD POLLOCK

Nutrition Facts

Serving Size	100g	
Amount per Serving		
Calories	90	Calories from Fat 10
		% Daily Value*
Total Fat	1g	2%
	Saturated Fat 0g	0%
Cholesterol	80mg	27%
Sodium	110mg	5%
Total Carbohydrate	0g	0%
	Dietary Fiber 0g	0%
	Sugars 0g	
Protein	19g	
Trans Fat	0g	0%

Not a significant source of Trans Fat, Dietary Fiber, Vitamin A, Vitamin C, or Calcium

*Percent Daily Values are based on a 2,000 calorie diet.