



# Wild ALASKA POLLOCK

*Gadus chalcogrammus*  
(*Theragra chalcogramma*)



## PRODUCTS



FILLETS



SURIMI



ROE



H&G



MINCE



MILT

As well as fishmeal, collagen,  
and many others!



## UTILIZATION

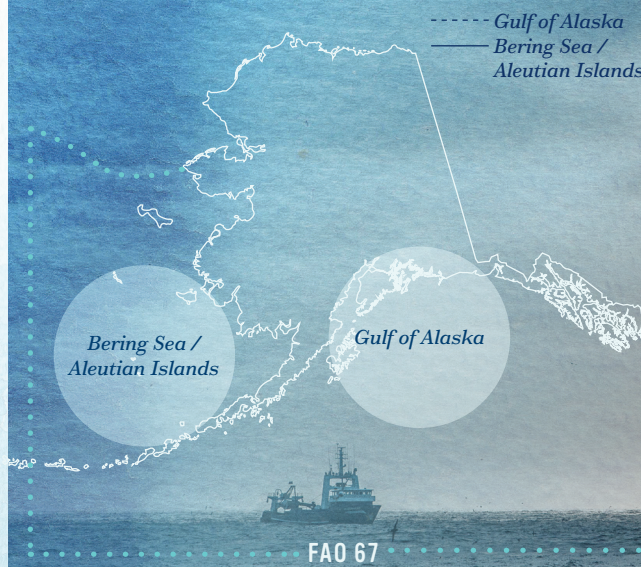
*Due to its versatility,*  
**NO PART  
OF AN ALASKA POLLOCK  
GOES TO WASTE.**

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.

## HARVEST PROFILE

### HARVEST SEASONS

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



FAO 67: The world's boundaries of the major fishing areas established for statistical purposes.

### ECONOMY

Source: NOAA

pollock jobs



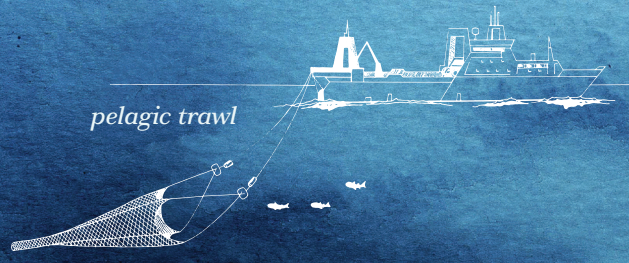
~30 K

pollock vessels



~250

### GEAR TYPE



pelagic trawl

## SUSTAINABILITY

**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.

## CERTIFIED

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

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





## GASTRONOMY

FLAKY • FRESH • TENDER  
DELICATE • MILD



"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



### 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

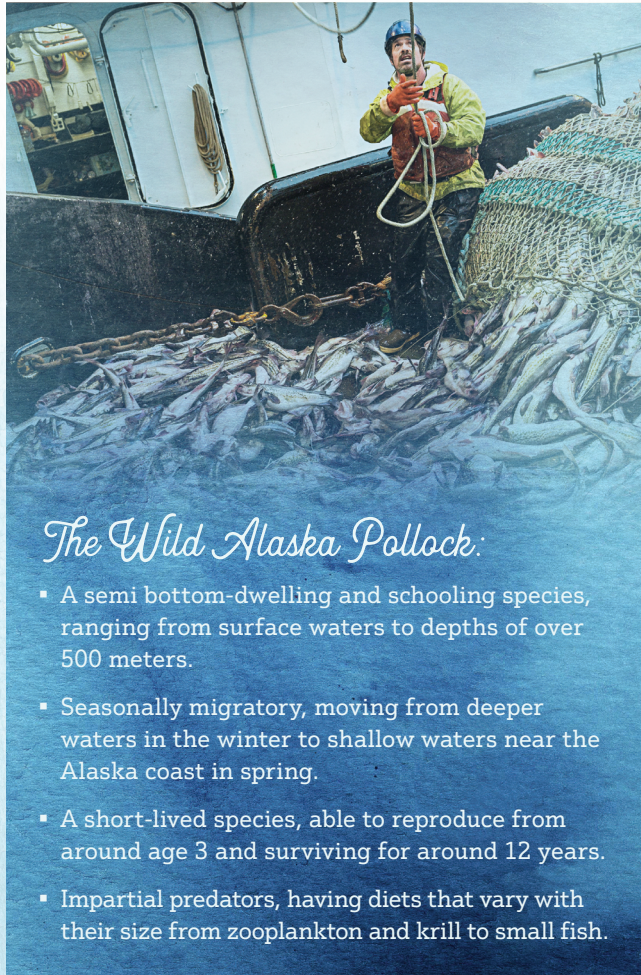


**METHOD** Poaching, baking,  
broiling, steaming, sauteing,  
frying—**ANYTHING!**



**FORGIVING AND VERSATILE**  
Fits into any recipe

## WILD HABITAT



### 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

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

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



**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 Falaffel with Mint hummus and Harissa Carrots | Laos-Style LAAP | Asian Rice Bowl

Find these and more at [WILDALASKASEAFOOD.COM/RECIPES](http://WILDALASKASEAFOOD.COM/RECIPES)