



# Seafood Partners

25 YEARS  
1991-2016

## Featured products – Atlantic Cod

### - Product specifications:

Atlantic Cod – Gadus Morhua

- FAS H/G – Block frozen

- 1kg- (7-800gr average)
- 1-2,5kg
- 2,5-4kg
- 4-6kg
- 6Kg+

Longliner and Trawler catch.

Premium, A and B grade.

Frozen in random weight block,  
packed in bags with inner poly.

Of all the saltwater fish around Norway, cod is the most abundant and the most important economically. It's easy to recognise:

- Its long, stout body
- A curving white sideline
- A distinctive beard thread under the chin

In Norway, we are lucky to have the largest cod stock in the world. Over 90% of our cod catches come from North-East Arctic cod stock. These cod grow up in the cold, clear waters of the Barents Sea and so are known as Barents Sea Cod.





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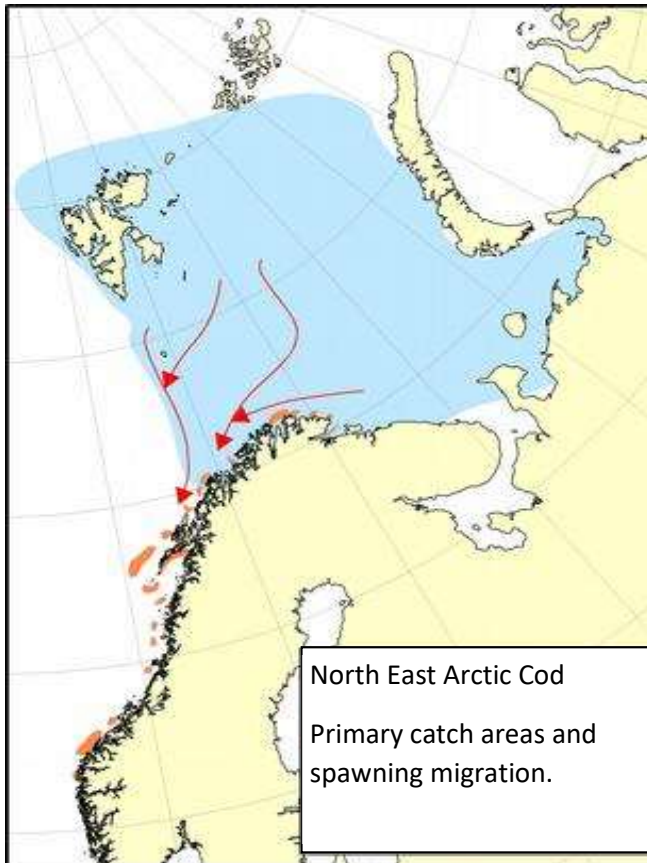
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There are two main types of cod: migratory oceanic cod and stationary coastal cod. Coastal cod is a typical demersal fish (bottom dweller) while migratory cod is pelagic (stays near the surface).

Of all cod varieties, the Norwegian Arctic cod (skrei) is the most important to Norway. It spends most of its life in the Barents Sea, but migrates every year to the spawning grounds outside Lofoten and Vesterålen.



### Nutritional content

Nutritional content of 100g Atlantic Cod

Energy content: 319 kJ or 75 kcal

Nutrients:  
Protein: 18.1 g

Fat: 0,3 g  
Saturated fatty acids: 0 g  
Tran Unsaturated fatty acids: 0 g  
Monounsaturated fatty acids: 0 g  
Polyunsaturated fatty acids: 0.1 g  
Cholesterol: 58mg

Carbohydrates, total 0 g

Vitamins:  
Vitamin A: 2 mcg  
Vitamin D: 1,4 mcg  
Riboflavin: 0.11 mg  
Folate: 12 mcg  
Vitamin B12: 1 mcg

minerals:  
Iron: 0.1 mg  
Selenium: 30 mcg