



WILD ALASKA POLLOCK

A TRUE *SUPERFISH*

20 Grams of Protein

90 Calories

>1 Gram of Fat

This flaky whitefish, coupled with mild flavor and lean protein, provides an optimal blend of taste and nutrition, ideal for maintaining overall wellness. Its low calorie and fat content further enhance its appeal as an easy-to-prepare, family-friendly seafood option that doesn't compromise on versatility or nutritional benefits.

3.77
kg CO₂-eq per kg of protein

**The Smallest
Carbon Footprint
of Almost Any
Protein.**

Wild Alaska Pollock has a lower carbon footprint and delivers more protein per KG of greenhouse gas emissions than many other animal proteins, including beef (115.75 kgs), chicken (12.5 kgs), and plant based options (20.83 kgs).

10%

Vitamin D &
Potassium

22%

Omega-3
Fatty Acids

130%

Vitamin
B12



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