



SEA HARVEST SEAFOOD LTD.

1-902-209-5077 WWW.SEAHARVESTSEAFOODS.COM



ABOUT CAPELIN

MALLOTUS VILLOSUS

Capelin is a small forage fish of the smelt family. They live in abundance in the cold waters of the North Atlantic off the coast of Atlantic Canada. Capelin are sleek, slender fishes with olive-green backs and silvery white bellies. They have small scales and large eyes and do not reach lengths of more than about 20 cm (8 inches).

NEWFOUNDLAND CAPELIN. PURE.

Atlantic Capelin, both male and female, is fished in June and July. Fished off the coast of Newfoundland, they're caught using traps, tuck seines and purse seines. They're processed and frozen on land using blast freezers. Capelin are used for fish meal, bait, oil and the flesh and roe are considered delicacies in many places around the world.

SUSTAINABILITY

Atlantic Canadian capelin are plentiful and have low inherent vulnerability. They are wild capture and the purse seine method of fishing has a relatively low environmental impact.

PRODUCT TYPES

Newfoundland capelin are processed and blast frozen. They're packaged in a wide selection of products and sizes including:

- Whole round in bulk
- Sizes: Male: 30/40 ct/kgs
- Packed 1/15 kgs cartons
- Female: 41/45, 46/50, 51/55, 56/60, 61/65 & +65 ct/kgs
- Packed 2x2x4.5 kgs master cartons

NUTRITION FACTS

SERVING SIZE 200 GRAMS

CALORIES 190

FAT 4.8 G

SATURATED FAT 0.9 G

TRANS FAT 1.6 G

CHOLESTEROL 140 MG

SODIUM 120 MG

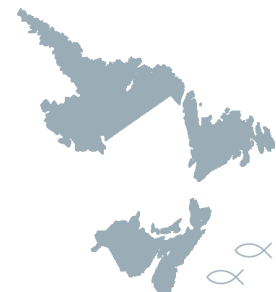
TOTAL CARBOHYDRATE 0 G

DIETARY FIBER 0 G

SUGAR 0 G

PROTEIN 35 G

REGION OF ORIGIN



SEA HARVEST SEAFOOD LTD. Halifax, Nova Scotia, Canada

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