



SEA HARVEST SEAFOOD LTD.

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ABOUT HADDOCK

MELANOGRAMMUS AEGLEFINUS

Haddock, a member of the cod family, is a North Atlantic white fish with a very distinctive black blotch just above the pectoral fin and an easily recognizable black lateral line running down its side. Nova Scotia haddock are harvested from the cold, clean, pristine waters along the coast of the province and shipped all over the world.

NOVA SCOTIA HADDOCK. PURE.

Processing often includes cutting fish by hand into fillets and freezing. Haddock may also be dried, salted or smoked. Nova Scotia haddock processing facilities are registered to meet international quality assurance standards, ensuring you receive a healthy, safe, and high-quality product.

WILD AND SUSTAINABLE

The Canadian haddock fishery is Marine Stewardship Council Certified (MSC), the world's leading certification and eco-labelling programs for wild sustainable seafood.

PRODUCT TYPES

Nova Scotia's haddock comes packaged in a wide selection of products and sizes, fresh, processed and frozen for consistent quality, including:

- Whole, fresh
- Roe, fresh
- Bits, fresh
- Fillets, fresh
- Fillets, frozen
- Fillets, smoked
- Fillets, salted
- Other specialty products

NUTRITION FACTS

SERVING SIZE 1 FILLET (193 GRAMS)

CALORIES 168

TOTAL FAT 1G

SATURATED FAT 0G

TRANS FAT

CHOLESTEROL 110MG

SODIUM 131MG

TOTAL CARBOHYDRATE 0G

DIETARY FIBER 0G

SUGARS 0G

PROTEIN 36G

REGION OF ORIGIN

