



Seafood Health Facts: Making Smart choices Balancing the Benefits and Risks of Seafood Consumption *Resources for Healthcare Providers and Consumers*

Cod [1]

Types and Sources of Product

In the United States two similar but different cod species are harvested commercially, the Atlantic cod native to the northern Atlantic Ocean and Pacific cod which can be found throughout the northern Pacific Ocean. Both of these cod species are part of a group of fish species often referred to as “Groundfish” because they usually live on or near the ocean floor. Some other species in this group include pollock, haddock, hake, ocean perch and flatfish.

The majority of cod currently landed in the United States is Pacific Cod. This fishery takes place off of the west coast of the U.S. and Alaska with the majority of landings from the Alaskan fishery. Pacific cod are harvested with trawl nets, long lines, and traps.

Atlantic cod ranges from the Mid-Atlantic U.S. states through New England and the northern waters of the Atlantic Ocean in Canada, Greenland and Europe. The primary fishing gear is trawl nets with some of the catch from gillnets and long lines.

There are no existing commercial aquaculture operations for Atlantic or Pacific Cod in the United States, although ocean farming techniques for Atlantic Cod are being developed.

The United States imports cod mainly from Canada, China and Iceland.

Product Forms

Atlantic and Pacific Cod comes in many product forms including fresh and frozen fillets, frozen whole fish, breaded fillets or portions, smoked, dried, salted and canned products. Cod is one of the types of groundfish that are often used in traditional “fish and chips”.

Nutrition

Cod is a low fat flaky white meat fish that is a good source of protein, phosphorus, niacin, and Vitamin B-12. An individual 100 g (raw) portion of cod has less than 90 calories, less than one gram of fat, and 17 grams of protein.

Management & Sustainability

Atlantic cod populations are currently believed to be low and strict management measures have been implemented to rebuild the population. This East Coast fishery is highly regulated and fishing is restricted to ensure sustainability.

Pacific cod is considered healthy and abundant throughout its range and not subject to overfishing. According to the National Marine Fisheries Service, Pacific Cod is “hailed as being one of the best managed fisheries in the world”.

References

[NOAA Fish Watch](#) [2]

[NOAA Status of Fisheries 20](#) [3]17

Sidebar Image:

Nutrition Facts

Serving Size Cod, Pacific, cooked,
dry heat, 3 oz (85g)

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 320mg **13%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 16g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 3 oz (85g)
Atlantic Cod, cooked dry heat

Amount Per Serving

Calories 90 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 65mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 19g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 2%

Vitamin D 10% • Selenium 45%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4





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