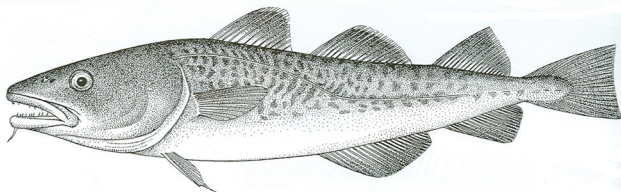


# Pacific Cod

## ***Fish Watch*** *U.S. Seafood Facts*



*Pacific cod are abundant throughout their range; overfishing is not occurring.*

*Pacific cod is often hailed as being one of the best managed fisheries in the world.*

*Cod is a good source of low fat protein, phosphorus, niacin, and vitamin B12.*

*Almost 90% of the cod harvested in the U.S. is Pacific cod.*

***Get the facts***  
***fishwatch.noaa.gov***