

**North  
Pacific**  
SEAFOODS™

*Alaska Halibut*



# Alaska Halibut

Alaska Halibut *Hippoglossus stenolepis*

**R**egarded as the world's premium whitefish, Alaska halibut is among the largest flatfish, with some fish reaching over 300 pounds. Halibut don't start out as flatfish, but instead begin their lives swimming upright. As they develop, the small halibut gradually begin swimming more and more on their sides. Their transition is complete when one eye moves to join the other on the dark side of the fish.

Alaska's halibut management system allows individual fishermen to own quotas in the fishery. This provides for strict management of the stocks and greater availability of fresh and frozen fish throughout the year. Government agencies conduct test fishing annually to measure the size of the halibut stocks and ensure their sustainability. They preserve a base amount of halibut for stock growth in future years, and allow harvesting only on those stocks that are surplus to this base.

With a firm, flaky texture and delicate, succulent flavor, Alaska halibut is the whitefish of choice for many foodservice and retail operations. The fish is high in protein and low in fat, making it suitable for almost any application.

## Product Specifications

North Pacific Seafoods has developed a significant fresh halibut program for retail and foodservice customers. We also produce frozen halibut and market it as dressed (head-off) fish and fletches. Our fishermen bring in Alaska halibut from early March to mid-November. The fish are harvested by long line, then bled, cleaned and iced on the grounds shortly after catch.

The North Pacific Seafoods plants are located in close proximity to the fishing grounds, with easy access to airports for timely fresh deliveries. Our close working relationship with the fishing fleet allows for superior freshness and traceability of all our Alaska halibut products. We also hold Marine Stewardship Council chain of custody certification to handle sustainable Alaska halibut.

<b>Pacific Cod</b>	<b>Size (pounds)</b>	<b>Carton Size (pounds)</b>
Dressed, head off	10/20, 20/40, 40/60, 60/80, 80/100, 100/up	100, 200, 1000, Random
Fletches	1/3, 3/5, 5/7, 7/up	50, 100
Cheeks	Mixed sizes	50

The chart above lists our most common pack sizes. Other packs are available by customer request. See our Halibut Guide at [www.northpacificseafoods.com](http://www.northpacificseafoods.com) for more information.

## Nutrition Facts

<b>Serving Size 3.5 oz (100g)</b>	<b>Alaska Halibut</b>
Calories	140
Fat	3g
Saturated Fat	0.4g
Cholesterol	41 mg
Sodium	69mg
Protein	27g

Source: USDA National Nutrition Database, Release 17.  
More detailed nutritional information is available upon request.

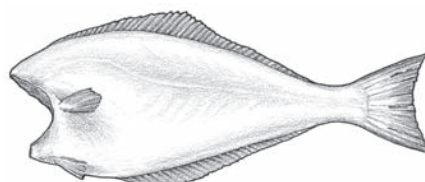


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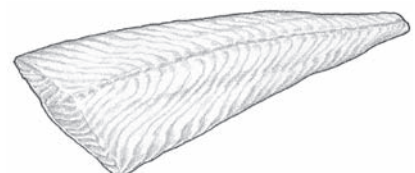
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Dressed, Head-off Alaska Halibut



Alaska Halibut Fletch