



Ideal for Refreshed and Frozen Seafood Programs

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded — goes directly from shipping carton into fresh or frozen case, reducing in-store handling.



Premium wild-caught
**Alaska
COD**

HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

100% RESPONSIBLY
WILD-CAUGHT
SOURCED

Net weight 8 oz. (227g)

Our GO WILD™ Alaska Cod is 100% wild-caught from the icy-cold depths of Alaskan waters, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for your convenience. So you can serve the healthiest, most flavorful and most responsibly sourced cod tonight.

Wild-caught with care, easy to prepare

Cooking Instructions: Remove cod fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 4-5 minutes or until center is firm and opaque. Serve and GO WILD!

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 4 oz. (113g)		Calories:	2,000 2,500
Servings Per Container 2		Total Fat	Less than 65g 80g
Amount Per Serving		Sat Fat	Less than 20g 25g
Calories 80	Calories from Fat 0	Cholesterol	Less than 300mg 300mg
% Daily Value*		Sodium	Less than 2,400mg 2,400mg
Total Fat 0g	0%	Total Carbohydrate	300g 375g
Saturated Fat 0g	0%	Dietary Fiber	25g 30g
Trans Fat 0g	0%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Cholesterol 55mg	18%	Recommended daily value of protein: 50g	
Sodium 340mg	14%	INGREDIENTS: Alaska Cod	
Total Carbohydrate 0g	0%	CONTAINS: Fish	
Dietary Fiber 0g	0%	Product of USA	
Sugars 0g	0%		
Protein 17g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		

Safe storage and handling: Store in refrigerator (38°F or below) until ready to prepare. Do not refreeze. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator for 3-4 hours before use. This product has a seven-day shelf life once thawed. It should not be consumed after the retailer's stated "Use By" date.

SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET TI-HI	NET WGT.
Cod	Alaska	8-8269494201-5	00882694952014	12 x 8 oz.	14.19" x 9.44" x 8.19"	13 x 8	624 lbs.



Taste the difference wild-caught makes!

www.gowildseafood.com



NATIONAL FISHERIES INSTITUTE

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Wild, Natural & Sustainable®

All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.

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