



# JACK MACKEREL



*Trachurus Novaezealandiae*, *Trachurus Declivis*, *Trachurus Murphyi*

**Jack Mackerel have a moderately oily flesh that is high in Omega 3. Wild caught**

**Jack Mackerel from New Zealand is a deep water fish caught all year round.**

**Sealord Jack Mackerel comes from a sustainable and well managed fishery.**





#### AVERAGE LENGTH

15-45 cm  
5.9-17.7 inches

#### WEIGHT

0.1-1.3 kg  
0.2-2.9 lbs

#### AVAILABILITY

Caught all year round  
Peak season: **October to March**

#### CATCH METHOD

Trawl

#### SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description
Whole	Whole fish
Dressed	Headed, gutted, tail remains intact and belly cavity is not split
By Products	Heads

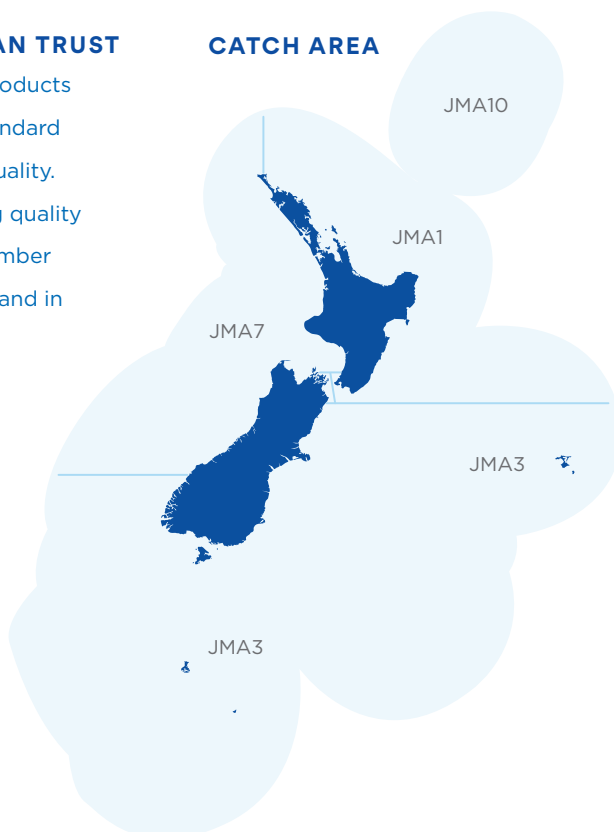
#### SUSTAINABLE DEEPWATER SEAFOOD

We care about the future of fishing, so our fish comes from well-managed fisheries, some of which have a Fisheries Improvement Plan in place. We continue to evolve our processes and undertake research to ensure we manage fisheries with the best practices and quality of scientific information available. The Quota Management System (QMS) has been operating in New Zealand for over thirty years, solidifying New Zealand's reputation as a world leader in sustainable fisheries management. It ensures that our fisheries resources are not over-fished and that our seafood will be available for generations to come. It is one of the most extensive quota-based fisheries management systems in the world, with over 100 species or species complexes managed within this framework.

#### QUALITY YOU CAN TRUST

We deliver quality products to an exceptional standard of food safety and quality. Our uncompromising quality is why we are the number one retail seafood brand in New Zealand.

#### CATCH AREA



#### NUTRITION

Energy	465kJ
Protein	20.9g
Fat	
Total	0.8g
Saturated	0.3g
Carbohydrate	0.3g
Sugars	0.3g
Sodium	75mg

#### OUR ACCREDITATIONS INCLUDE:

