

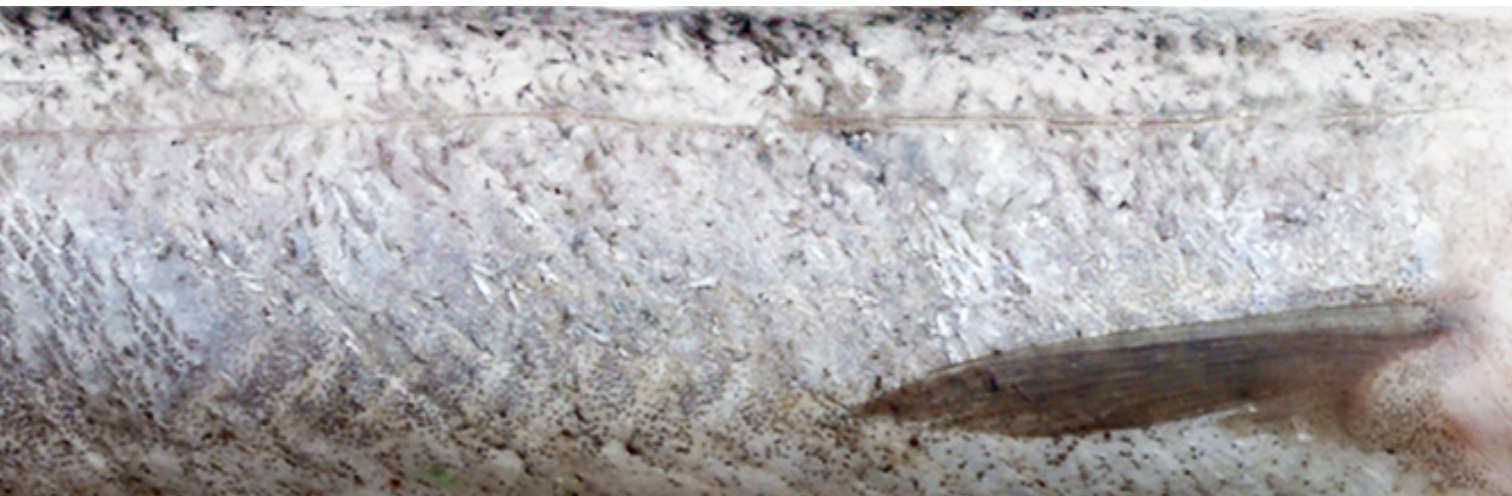


# SOUTHERN BLUE WHITING



*Micromesistius australis*

Southern Blue Whiting have a delicate white flesh that flakes easily and a low oil content. Wild caught Southern Blue Whiting are a deep water fish, caught between August and October. All Sealord Southern Blue Whiting are from sustainable and well managed fisheries.





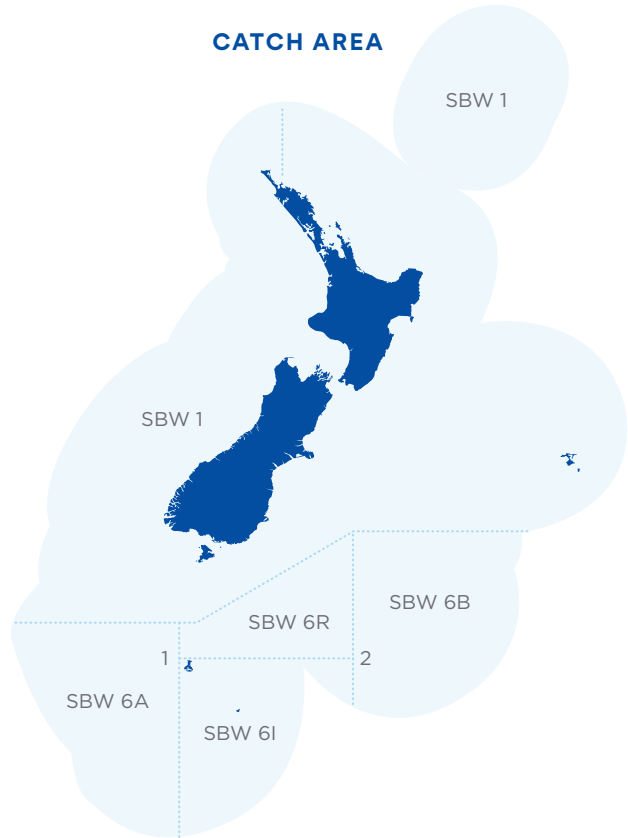
AVERAGE LENGTH	WEIGHT	AVAILABILITY	CATCH METHOD
40-50 cm 15.7-19.7 inch	0.4-0.6kg 0.9-1.3 lbs	August to October	Trawl

SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description	Size Grading
Whole	Whole fish	Run of Catch
Dressed Tail On	Headed, gutted, tail remains	less than 0.1kg / 0.1-0.2kg / 0.2-0.4kg / 0.4kg+
Dressed Tail Off	Headed, gutted, tail removed	less than 0.1kg / 0.1-0.2kg / 0.2-0.4kg / 0.4kg+

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.



NUTRITION

Energy	350kJ
Protein	18.9g
Fat	
Total	0.8g
Saturated	0.1g
Carbohydrate	0.3g
Sugars	0.3g
Sodium	116mg

OUR ACCREDITATIONS INCLUDE:

