



SEA HARVEST SEAFOOD LTD.

1-902-209-5077 WWW.SEAHARVESTSEAFOODS.COM



ABOUT MACKEREL

SCOMBER SCOMBRUS

Mackerel is the common name given to a variety of pelagic fish in the family Scombridae. They are abundant in the waters off of Atlantic Canada. Atlantic mackerel have a streamlined body that narrows to a forked tail. They have dark, wavy vertical bars that start on their back and a white belly. They're typically about 50 centimetres long. It's consumed widely around the world and is rich in omega-3 fatty acids.

ATLANTIC CANADIAN MACKEREL. PURE.

Atlantic mackerel is fished in two seasons: May - June and August - November. They are caught mainly using purse seine and traps. They are then processed and/or frozen on land.

SUSTAINABILITY

Overall, due to its low inherent vulnerability, benign impact on the habitat and ecosystem, and highly effective management, the Atlantic Canada mackerel fishery is a 'Best Choice'. The purse seine method of fishing has a relatively low environmental impact.

PRODUCT TYPES

Mackerel comes packaged in a wide selection of products and sizes, fresh, processed and frozen for consistent quality, including:

- Whole round, fresh & frozen
- Sizes: 1/300, 2/400, 3/500, 4/600 & +600gram
- Packed in Cartons 1/10, 1/15 kgs, 2/10 kgs cartons blocks•

NUTRITION FACTS

SERVING SIZE 200 GRAMS

CALORIES 410

FAT 28 G

SATURATED FAT 6.5 G

TRANS FAT 0 G

CHOLESTEROL 140 MG

SODIUM 180 MG

TOTAL CARBOHYDRATE 0 G

DIETARY FIBER 0 G

SUGAR 0 G

PROTEIN 37 G

REGION OF ORIGIN



SEA HARVEST SEAFOOD LTD. Halifax, Nova Scotia, Canada

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