



Common name: Cod

Scientific name: Gadus morhua

Species Detail: *Cod is a cold-temperate, demersal species.*

It belongs to the family of fish known as gadoids.

Cod spawn in winter/spring mainly in February to April.

Cod reach maturity at four to five years old and at a length of 50cm approx.

Cod produce millions of eggs and can live up to 25 years.

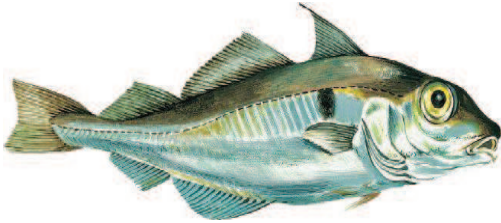
Species Distribution: *Cod are distributed throughout the northern hemisphere in the east and west Atlantic. However, they exist as a number of discrete populations or stocks in the following areas, North Sea, North East Arctic, Greenland, Iceland, Faroe Islands, Skaggeak & Kattegat, Irish Sea, Newfoundland, Labrador and The Grand Banks.*

Method of Capture: *Cod are mainly targeted by otter trawls and longlining. There is a minor cod farming industry which mainly exists in Norway.*

Management: *The stocks are now responsibly managed through a system of Total Allowable Catch (TAC's), quotas and other management measures. In most areas extra harvesting controls are put into place should the spawning stock be reduced to a level below which they could sustain the fishery. For more information please visit www.seafish.org/b2b/rss*

Product Details: *Cod is a versatile fish and can be sold fresh (whole or gutted), dried, frozen or salted. It is very popular cooked in batter and served with chips. Frozen and chilled products include fish fillets, fish fingers, fish cakes, steaks/loins in breadcrumbs or sauce.*

Health Issues: *Cod is a high protein, low fat, low cholesterol product, so is excellent for body building and tissue repair. It is a good source of B vitamins which are used to convert food to energy and helps to keep nerve tissue healthy. Cod contains some Omega-3 fatty acids (but not as much as oil rich fish), however, the oil from cod liver is used to promote general health and well being as it is rich in Omega-3 fatty acids and vitamins A&D. Eating fish also helps to keep you feeling fuller for longer which is termed satiated, thus eating fish protein can help with weight control.*



Common name: Haddock

Scientific name: *Melanogrammus aeglefinus*

Species Detail: *Haddock is a cold-temperate species.*

Haddock spawn between February and June but mainly in March and April.

Haddock is a migratory fish.

Haddock can live up to 20 years.

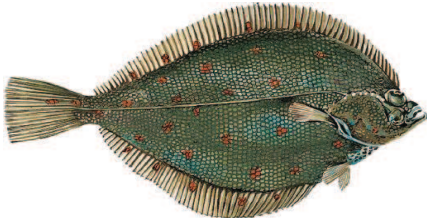
Species Distribution: *Haddock are mainly distributed throughout the North Atlantic, however they also exist in the following areas, North Sea, North East Atlantic, Faroes, Irish Sea, Norwegian Sea, and Biscay.*

Method of Capture: *Haddock are mainly targeted by otter trawls, longlining and seine netting. Some experimental fish farming has been done mainly in Norway.*

Management: *The stocks are now responsibly managed through a system of Total Allowable Catch (TAC's), quotas and other management measures. Haddock form a large part of a complex mixed demersal fishery that include other white fish such as cod, whiting and saithe. For more information please visit www.seafish.org/b2b/rss*

Product Details: *Haddock is sold fresh, chilled, frozen and smoked (for example Arbroath smokies). It is very popular cooked in batter and served with chips. Frozen and chilled products include fish fillets, fish cakes and cutlets/loins in breadcrumbs or sauce.*

Health Issues: *Haddock is a high protein, low fat, low cholesterol product, so is excellent for body building and tissue repair. It is a good source of B vitamins which are used to convert food to energy and helps to keep nerve tissue healthy. Haddock contains some Omega-3 fatty acids (but not as much as that found in oil rich fish). Eating fish also helps to keep you feeling fuller for longer which is termed satiated, thus eating fish protein can help with weight control.*



Common name: *Plaice*

Scientific name: *Pleuronectes platessa*

Species Detail: *Plaice belong to a large family of right eyed flatfish known as Pleuronectidae.*

Plaice are seabed dwelling fish, large older fish live in deeper waters but the young are commonly found in inter-tidal pools and inshore nurseries.

Plaice spawn in winter between January and March. They can also make long spawning migrations to spawn in well defined areas.

Plaice can reach a length of 100cm and live up to 30 years.

Species Distribution: *Plaice are distributed in cool temperate waters throughout the north east Atlantic. Important stocks exist in the North sea, Skaggerak & Kattegat, Irish Sea, Icelandic waters and Norwegian sea. The Wadden sea is an important nursery area.*

Method of Capture: *Plaice are mainly targeted by trawls including beam trawls and Danish seines. The young are also commonly caught by anglers.*

Management: *The stocks are now responsibly managed through a system of Total Allowable Catch (TAC's), quotas and other technical measures. In the most important stock of the Skaggerak and Kattegat the legal landing size for the fish has been set slightly larger. For more information please visit www.seafish.org/b2b/rss*

Product Details: *Plaice is sold fresh (whole or filleted), frozen- It is also used as individual quick frozen fillets in fish shops where it is popular fried.*

Health Issues: *Plaice is a high protein, low fat, low cholesterol product, so is excellent for body building and tissue repair. It is a good source of B vitamins which are used to convert food to energy and helps to keep nerve tissue healthy. Plaice contains some Omega-3 fatty acids (but not as much as oil rich fish). Eating fish also helps to keep you feeling fuller for longer which is termed satiated, thus eating fish protein can help with weight control.*