

GO WILD™
PREMIUM SEAFOOD

From an MSC certified sustainable fishery. www.msc.org
MSC-C-52906



HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

Premium wild-caught

ALASKA
COD

Net weight 8 oz. (227g)

Nutrition Facts

Serving Size 4 oz. (113g)
Servings Per Container 2

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories	80		
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	340mg		14%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	17g		
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recommended daily value of protein: 50g

INGREDIENTS: Cod

CONTAINS: Fish

Product of USA



Wild, Natural & Sustainable™



NATIONAL FISHERIES INSTITUTE

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