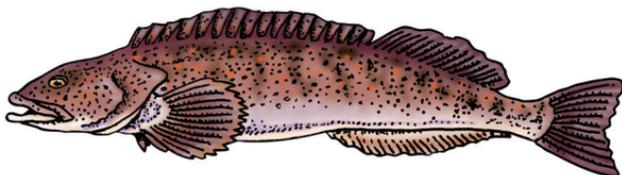


# ***Fish Watch***

## *U.S. Seafood Facts*



*Lingcod populations are rebuilt and are no longer subject to overfishing.*

*The rebuilding of lingcod was completed several years ahead of schedule through gear restrictions and fishery closures.*

*Lingcod is a good source of low fat protein and is high in vitamin B12 and selenium.*

*Close to 20% of the lingcod sold in the U.S. is imported from Canada; the rest comes from U.S. fisheries.*

Lingcod

***Get the facts***  
***fishwatch.noaa.gov***