

# Icelandic Cod

High Quality food from  
sustainable resources



# Fisheries in Iceland

Fisheries are the backbone of Iceland's prosperity representing more than 1/3<sup>rd</sup> of the value of exported goods and 6% of GDP. Icelandic fishermen have for centuries taken pride in sourcing sustainable quality fish from pristine North-Atlantic waters. The nation's seafood sector and connected industries are considered world leaders in sustainable utilisation and in implementing innovative solutions at every stage of the value chain, where the aim is always to improve quality, utilisation and efficiency. The Icelandic cod is by far the most important species, representing approximately 40% of the value of exported seafood products.

## Sustainable fishing stocks and Eco-labelling

With that in mind, Iceland has become a model country for developing a quota system for the fishing industry which ensures responsible and sustainable fishing practices. The utilisation of the catch in processing is among the highest known in the world. Iceland manages the fishing chain entirely by itself and has a complete control over how it is carried out. This has given Iceland a unique reputation in fisheries management, in addition to the "clean and cold" N-Atlantic image that Icelandic seafood products have. The Icelandic seafood industry has been awarded certifications for their cod fishery from established third party Eco-labelling schemes, such as the [Icelandic Responsible Fisheries](#) (IRF) and [Marine Stewardship Council](#) (MSC), confirming the sustainability of the fishery.

**The IRF logo** indicates Icelandic origin of fish catches in Icelandic waters and responsible fisheries management. The logo provides opportunities for stakeholders in the value chain of Icelandic seafood to highlight Icelandic origin.



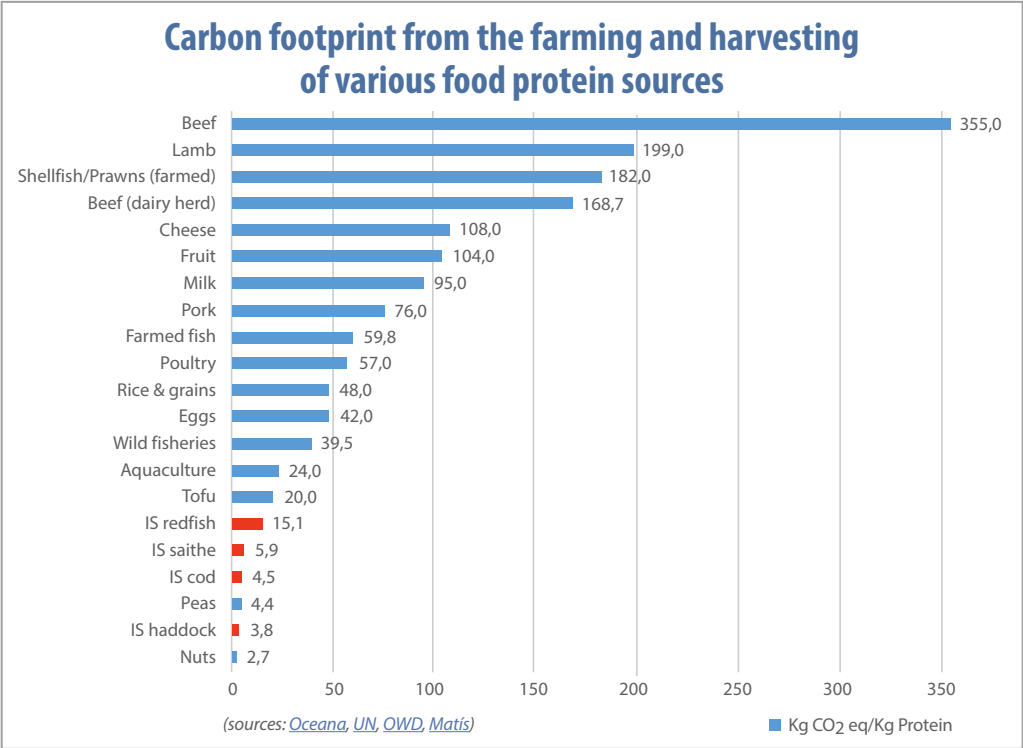
**The MSC** has developed standards for sustainable fishing and seafood traceability. Both standards meet the world's toughest best practice guidelines and are helping to transform global seafood markets.





## Low Carbon Footprint

The Icelandic fishing fleet and its corresponding value chain is not excluded from contributing to global warming and the industry is therefore constantly seeking for mitigating measures. The bottom trawl fleet has in particular placed emphasis on reducing its carbon footprint by investing in new vessels and fuel saving technology. The Icelandic fresh fish trawler fleet reduced its oil consumption for example by 49% (kg oil / kg catch) between the years 2000 and 2018, as presented in [Kristofersson et al. \(2021\)](#). A scientific journal publication by [Hilmarsdóttir et al. \(2024\)](#) that included a large and representative cross section of the Icelandic bottom trawl fleet revealed an average carbon footprint of cod at 4.5 kg CO<sub>2</sub> eq. / kg protein of edible parts. The footprint is very low in comparison with other protein sources, in addition to not requiring any land use and very limited freshwater use, opposed to most other food products.





# High Quality Product

## Full of Health

Besides being an excellent low-calorie source of protein, cod contains a variety of very important nutrients, such as vitamins E and B, as well as the all-important Omega-3 fatty acids. Studies also indicate that regular fish consumption can actually make you smarter, improve neurotransmission to the brain, suppress depression and have a positive impact on those suffering from dementia , which is why seafood like cod is sometimes referred to as “[brain food](#)”.

Public health authorities and nutritionists [recommend](#) seafood consumption at least twice a week, because of its health benefits and low environmental footprint.

Nutritional values for cod		
Ingredients pr. 100 g eatable product		
Energy	326 kJ	78 kkal
Protein	18,1 g	
Fat	0,5 g	
Saturated fatty acids	0,1 g	
Unsaturated fatty acids	0,3 g	
Cholesterol	58 mg	
Carbohydrates	0 g	
Vitamin A	1 µg	
Vitamin D	0 g	
Vitamin E	1,10 mg	
Vitamin B1	0,03 mg	
Vitamin B2	0,03 mg	
Folic acid	16 µg	
Vitamin C	0 mg	
Calcium	7 mg	
Sodium	118 mg	
Potassium	332 mg	
Iron	0,17 mg	

