

# SAITHE



Latin - **Pollachius virens** | French - **Lieu noir** | German - **Seelachs** | Spanish - **Carbonero** | Icelandic - **Ufsi**

## SIZE

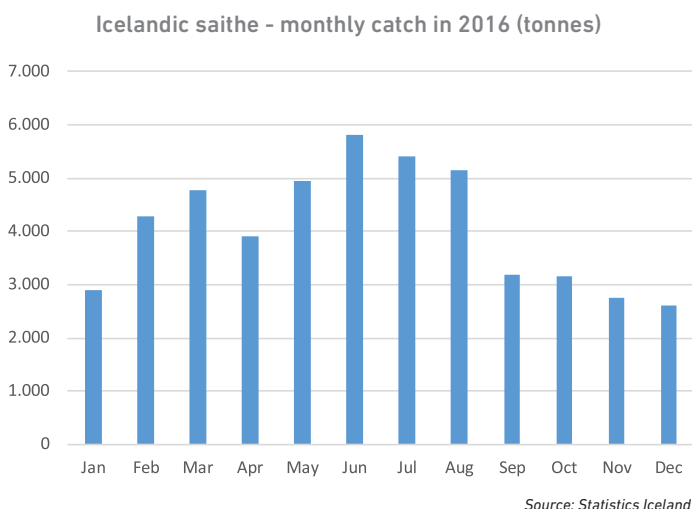
Common size of saithe in the catch is between 60 and 110 cm. The largest individual caught in Icelandic waters measured 132 cm.

## CATCH

Total catch of saithe in Icelandic waters in 2016 was 48,900 tonnes as compared to 47,900 tonnes in 2015. The TAC for saithe in the quota year 2017/2018 is 60,237 tonnes.

## SEASON

The Icelandic saithe is caught throughout the year.



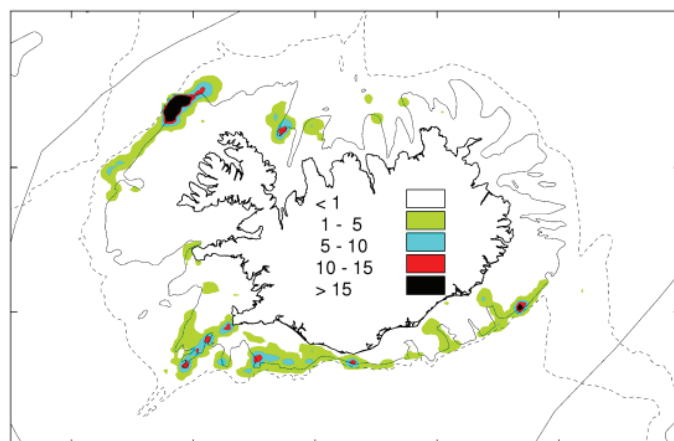
## FISHING GEAR

Saithe - catch 2016	%
Bottom trawl	87%
Gillnet	5%
Handline	3%
Other	5%

Source: Statistics Iceland

## FISHING GROUNDS

Most of the catch is along the continental shelf break, off the south and west coast and deep off the Westfjords.



Icelandic saithe - fishing grounds in 2016 (tonnes/nmi²)

Source: Marine Research Institute

## PRODUCTS

Saithe - export value 2016	%
Landfrozen	46%
Frozen at sea	30%
Fresh and chilled	17%
Salted	6%
Other	1%

Source: Statistics Iceland

## MARKETS

The largest markets are Germany, France and Spain where there is a long tradition of eating saithe. Other markets include Lithuania, United States, and Nigeria.



## NUTRITION FACTS

### Saithe (raw) – Nutrient content per 100 g edible portion

Energy	86 kcal
Protein	19.3 g
Fat - total	0.9 g
Fatty acids - saturated	0.2 g
Fatty acids - unsaturated	0.5 g
Omega 3	465 mg
Sodium	122 mg

Source: Matís

## FISHERIES MANAGEMENT

Fisheries management in Iceland is based on extensive research on the fish stocks and the marine ecosystem. A catch limitation system is the cornerstone of the Icelandic fisheries management system. Management is also supported by other measures such as area restrictions, fishing gear restrictions, and the use of closed areas to conserve important vulnerable habitats.

Decisions on total allowable catch are made by the Minister of Fisheries and Agriculture on the basis of scientific advice from the Icelandic Marine Research Institute (MRI). The international Council for the Exploration of the Sea (ICES) reviews the work of the MRI

and also provides scientific advice. Catches are effectively monitored and management decisions are enforced by the Directorate of Fisheries. The system is intended to ensure responsible fisheries and sustainable use of the ocean's living resources.

## CERTIFICATION

The saithe fishery in Iceland was certified in September 2013 to the FAO-based Iceland Responsible Fisheries Management Certification Programme. The certification covers all sectors of the Icelandic saithe fishery within the 200 mile EEZ for all fishing gears. A chain of custody certification programme has been implemented to allow handlers to demonstrate traceability back to the certified fishery. The certification is an independent third-party certification. The certification confirms responsible fisheries management and good treatment of marine resources.



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