

# 【Pacific cod】 A fish that is high in protein and low in fat!

Can it even help get rid of weight gained during the New Year's holiday?

Now in season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



When Japanese people say “tara,” they are generally referring to “madara,” or Pacific cod. These fish have big mouths and are known as big eaters who eat anything, and the Japanese character for the fish is sometimes used in the expression meaning “to have one’s fill.”



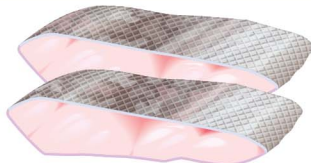
## Nutritional Content

- Pacific cod contains protein, vitamin B12, phosphorus, vitamin D, iodine, selenium, etc.



It is among the white fish richest in vitamins. Vitamin D increases the absorption of calcium in the body, making your bones and teeth stronger! The fish also contains a lot of protein, so it can help you achieve a strong body!

## How to Choose and Store



- Choose fillets that are transparent and have springiness.
- After lightly seasoning the fillets with salt and letting them sit for a few minutes, wipe off any excess moisture, wrap in plastic wrap, and place them in the refrigerator or freezer.

## Recommended Dishes

Their umami is from the fact that they are rich in amino acids such as glutamate! Be careful not to overcook them, because they have a high water content and will become dry!



Sautéed Pacific cod wrapped in bacon



Pacific cod and root vegetable soup

Reference site: Calorie Slism / “Pacific Cod | Fish,” asken Inc. / “How to identify fresh Pacific cod,” Yamauchi Fresh Fish Store  
Reference: “Adult Visual Dictionary ②: Delicious Fish Encyclopedia” (PIA LEISURE MOOKS Editorial Department, July 2018)

[Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website  
(English version)!

The website is available in English. Please be sure to read it.



Click “English”  
at the bottom of the homepage.  
<http://www.sonykenpo.or.jp/>

