



## **CHILD NUTRITION PRODUCT FORMULATION SHEET**

Product Name: Gorton's Crunchy Fish Sticks

Product Codes: 44400 1070      Size: 52 ct – 30.5 oz (1 lb 14.5 oz)

Distributed by: Gorton's, Gloucester, MA 01930

List of Fish Variety Used in Product:      Pollock (Minced)

Total Weight per Stick of Uncooked Product (as purchased): 0.56 oz per stick

Weight of Raw Fish per Portion: 0.28 oz raw fish per stick

Ounces Equivalent Meat:

0.56 oz precooked breaded fish stick x 50% raw fish = 0.28 oz raw fish/fillet x 75 %  
cooking yield = 0.21 oz equivalent meat per stick

**5 sticks (2.8 oz) = 1.0 oz equivalent meat**

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