



Serving Sizes

6-12 years: 2oz = 10 sticks

3-5 years: 1.5oz = 7.5 sticks

1-2 years: 1oz = 5 sticks



CHILD NUTRITION PRODUCT FORMULATION SHEET

Product Name: Gorton's Crunchy Fish Sticks

Product Codes: 44400 1070 Size: 52 ct – 30.5 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

You may obtain future copies of this sheet from our website:

<https://www.gortons.com/child-nutrition-information/>

Jodi Blanch

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