



FDA Mercury Screening Values for Fish Categories

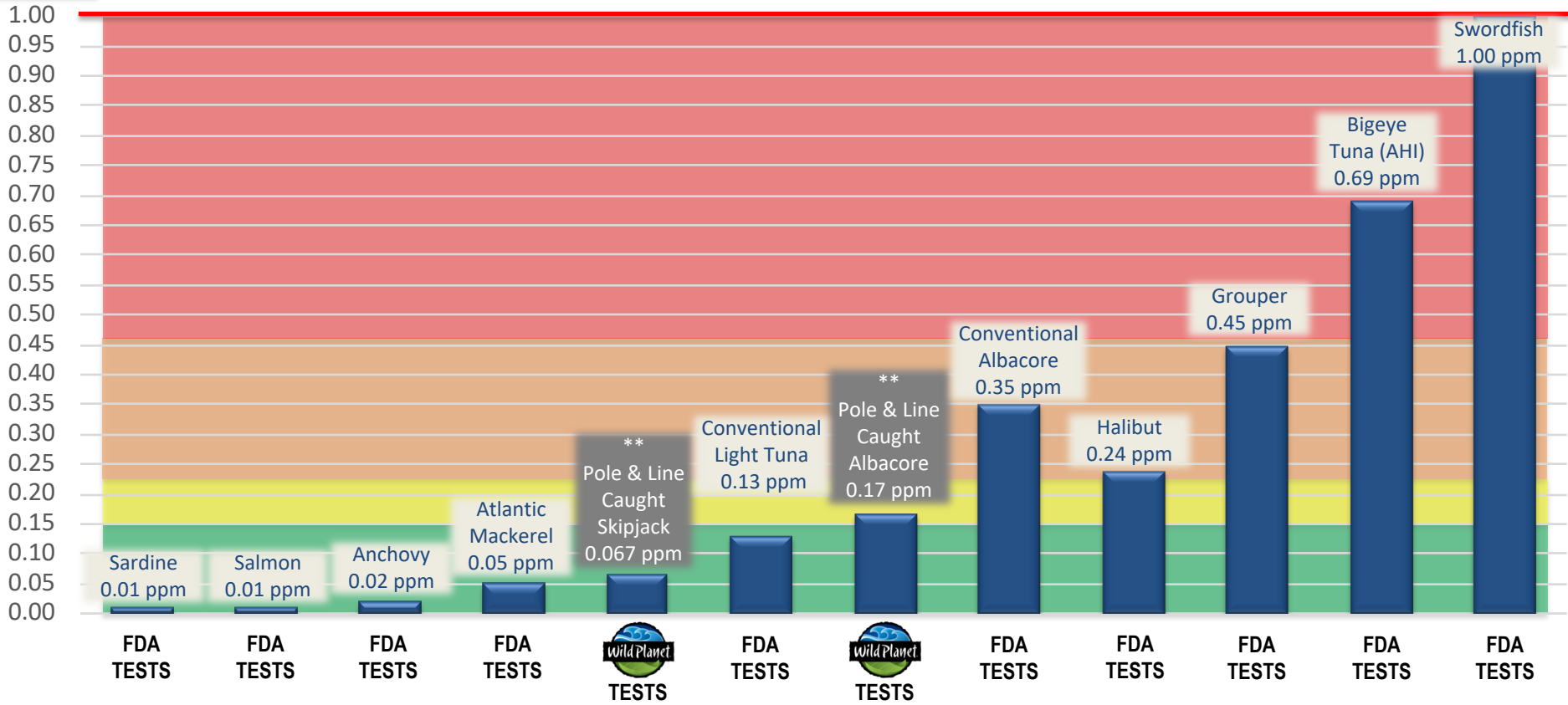
Consumption Recommendations for Adults: FDA/EPA Advice*

A typical adult serving is 4 ounces of fish, measured before cooking.

FDA/EPA advice is for adults to eat 2 to 3 servings of a variety of cooked fish, or about 8 to 12 ounces, in a week.

BEST CHOICE (Lowest Mercury): THREE 4oz servings per week (≤ 0.15 ppm)	GOOD CHOICE (Low Mercury): TWO 4oz servings per week (≤ 0.23 ppm)	GOOD CHOICE (Moderate Mercury): ONE 4oz serving per week (≤ 0.46 ppm)	AVOID (High Mercury): ZERO 4oz servings per week (> 0.46 ppm)
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FDA mercury action level = 1.00 ppm (parts per million)



**Pole & Line fishing only catches younger, migratory fish. Mercury levels from hundreds of samples demonstrate Wild Planet Albacore Tuna mean mercury is 0.17 ppm and Wild Planet Skipjack Tuna is 0.067 ppm.