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.

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.

**Data Sources:
https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm534873.htm
https://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm531136.htm