



FDA Mercury Screening Values for Fish Categories

Consumption Recommendations for Children: FDA/EPA Advice*

FDA/EPA advice is for children to eat fish 1 to 2 times a week with serving size based upon age. To keep fish consumption below the maximum acceptable mercury intake for children (≤ 0.15 ppm), choose from the BEST CHOICE category only.

Mercury Content (ppm)

1.00
0.95
0.90
0.85
0.80
0.75
0.70
0.65
0.60
0.55
0.50
0.45
0.40
0.35
0.30
0.25
0.20
0.15
0.10
0.05
0.00

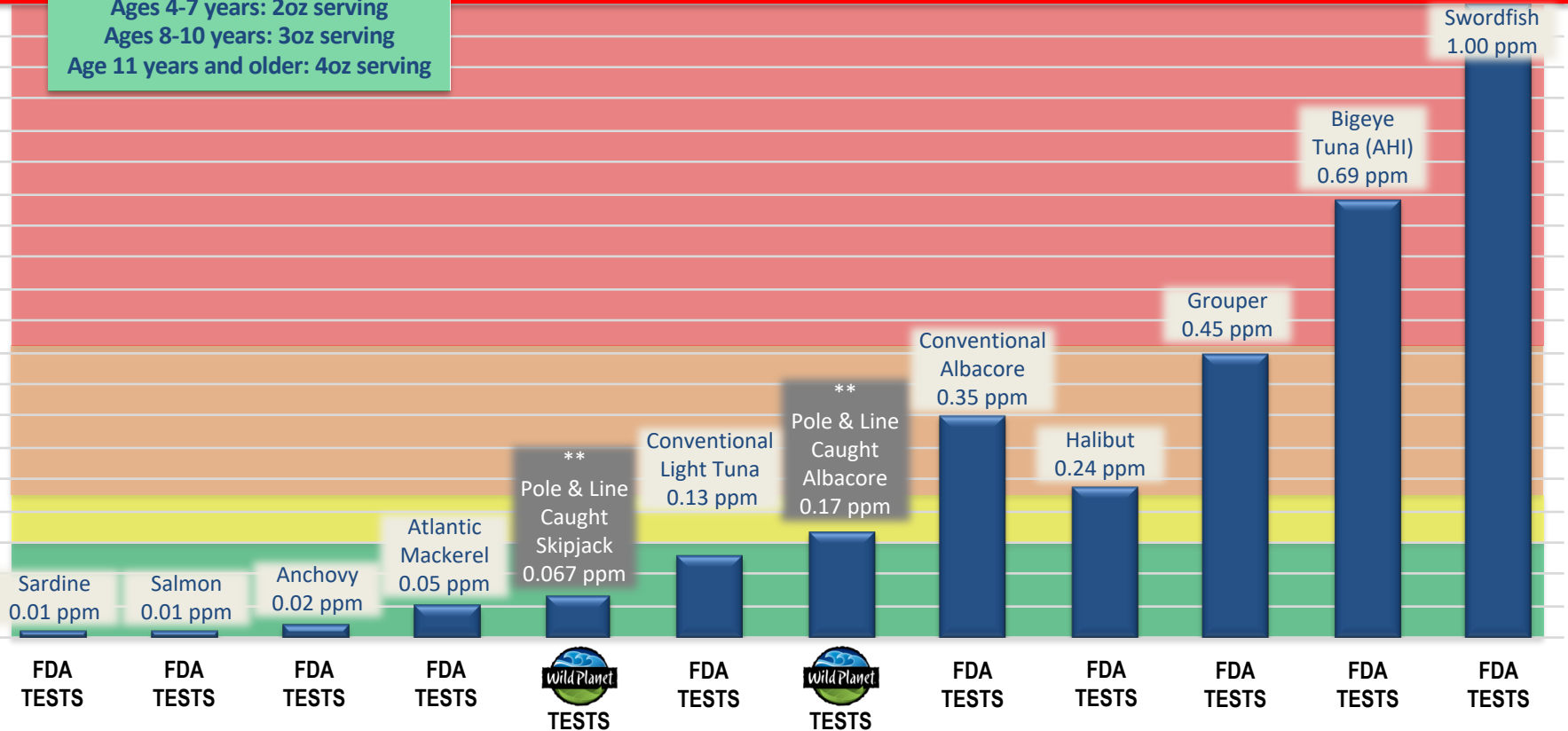
BEST CHOICE (Lowest Mercury):
ONE-TWO servings per week (≤ 0.15 ppm)
-serving size based upon age-
Ages 2-3 years: 1oz serving
Ages 4-7 years: 2oz serving
Ages 8-10 years: 3oz serving
Age 11 years and older: 4oz serving

GOOD CHOICE (Low Mercury):
Not recommended for children
(≤ 0.23 ppm)

GOOD CHOICE (Moderate Mercury):
Not recommended for children
(≤ 0.46 ppm)

AVOID (High Mercury):
Not recommended for children
(> 0.46 ppm)

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#l>

<https://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm531136.htm>