



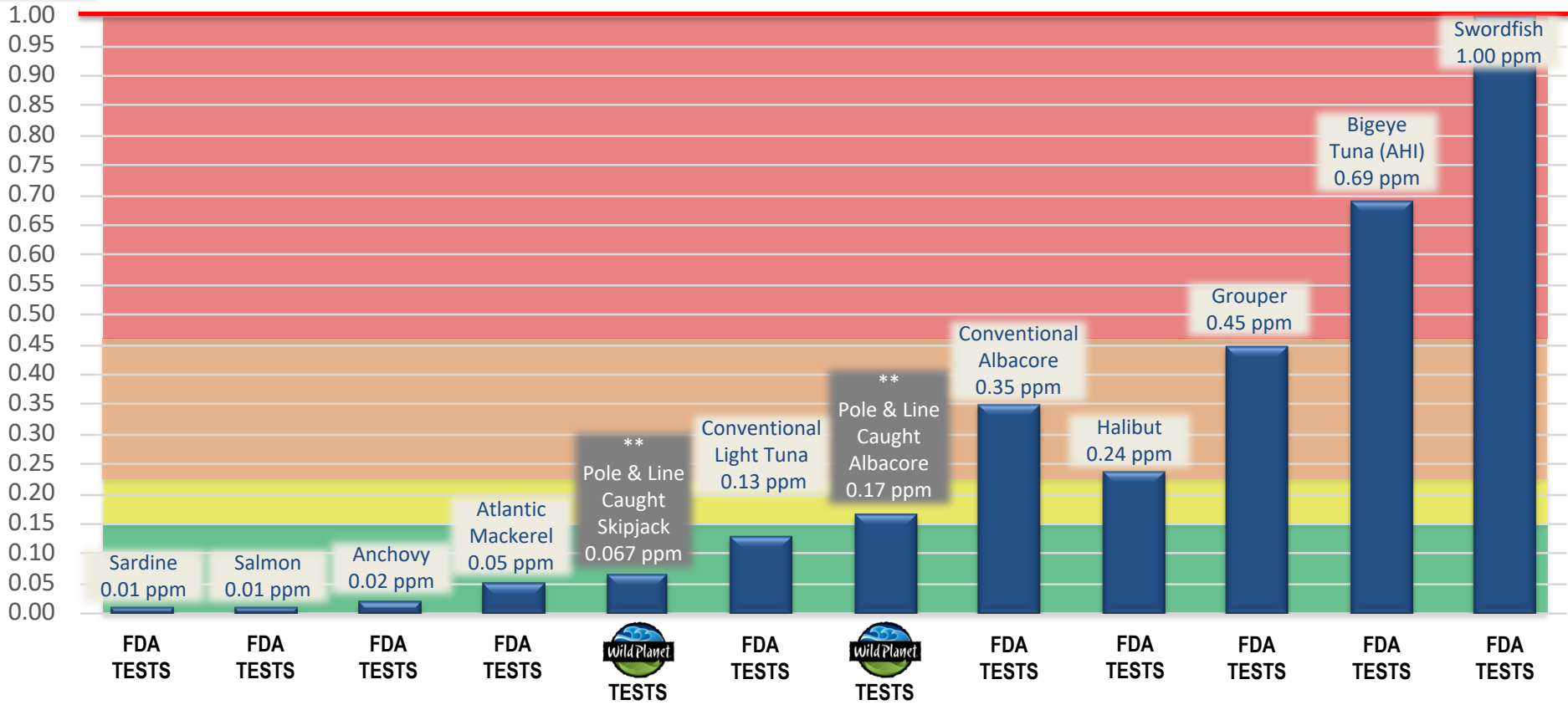
FDA Mercury Screening Values for Fish Categories

Consumption Recommendations for Pregnant Women: FDA/EPA Advice*

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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Mercury Content (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 Source: <https://www.fda.gov/Food/FoodbornellnessContaminants/Metals/ucm531136.htm>