FDA Mercury Screening Values for Fish Categories
Consumption Recommendations for Pregnant Women: FDA/EPA Advice*

**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/FoodborneIllnessContaminants/Metals/ucm531136.htm