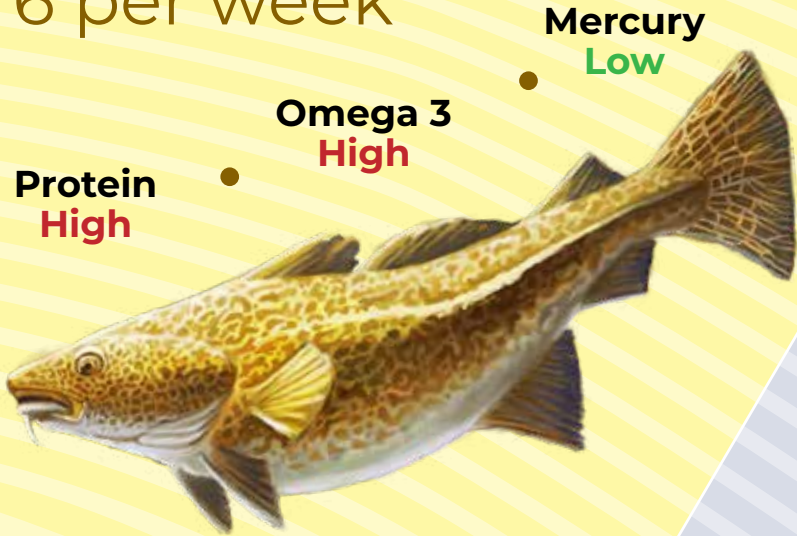


SAFE CONSUMPTION LEVELS OF FISH*

Cod
6 per week



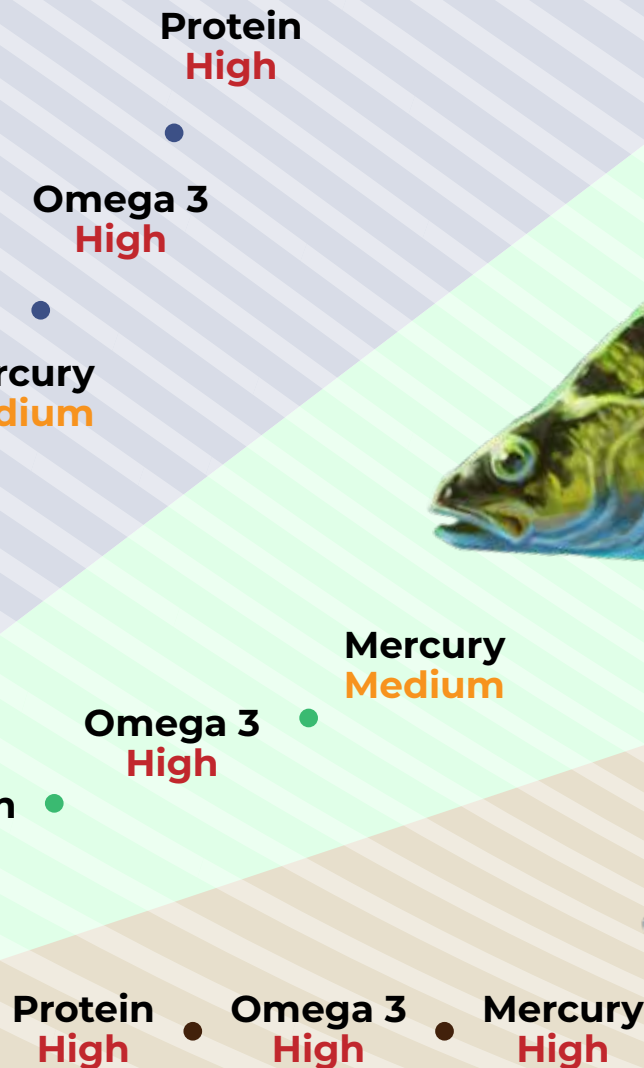
Canned Tuna
3 per month



Wild-caught
Perch
2 per week



Adolescent Female
75lbs | 10yrs
Eating 4oz portions



Walleye
1/2 per week



*Recommended maximum fish amounts must be adjusted for each additional type of fish being eaten in a given week