

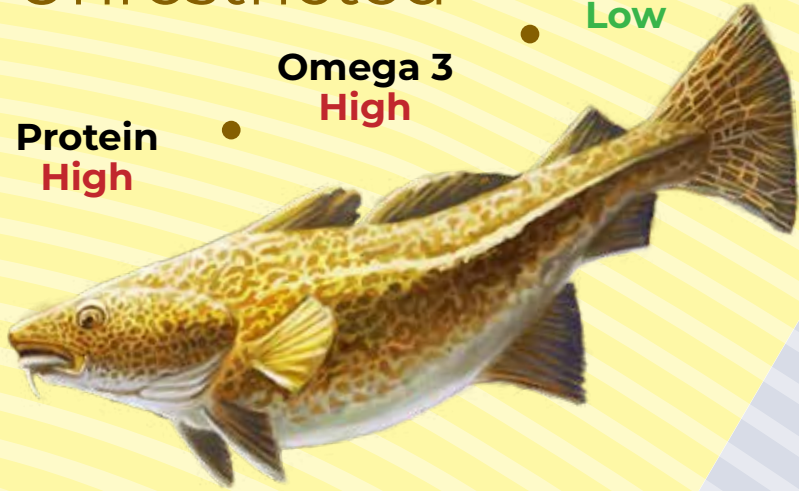
# SAFE CONSUMPTION LEVELS OF FISH\*

**Cod**  
Unrestricted

Protein  
High

Omega 3  
High

Mercury  
Low



Wild-caught **Perch**  
8 per week



Mercury  
Medium

Omega 3  
High

Protein  
High



Protein  
High

Omega 3  
High

Mercury  
Medium

**Canned Tuna**  
4 per week



**Walleye**  
3 per week

Protein  
High

Omega 3  
High

Mercury  
High

**Adult Male**  
210lbs | 40yrs  
Eating 8oz portions

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