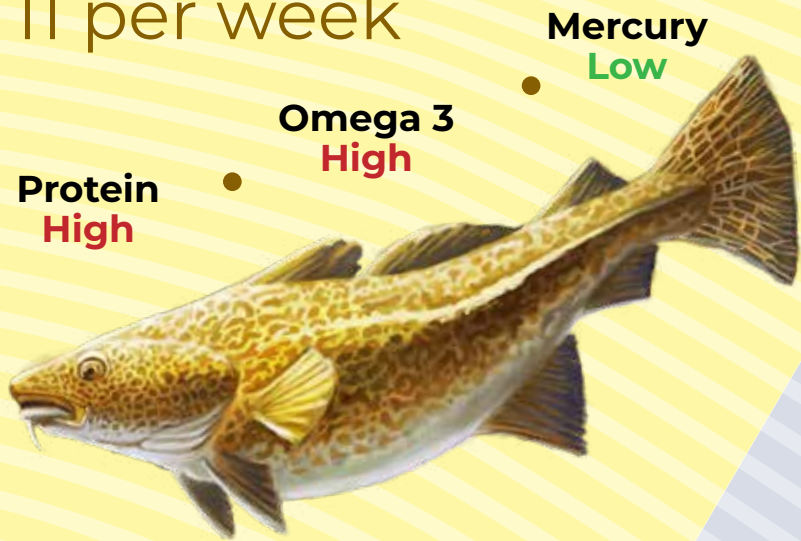


SAFE CONSUMPTION LEVELS OF FISH*

Cod
11 per week



Wild-caught **Perch**
3 per week



Protein **High**

Omega 3 **High**

Mercury **Medium**



Canned Tuna
2 per week

Protein **High**

Omega 3 **High**

Mercury **High**



Adult Female
190lbs | 28yrs
Planning pregnancy
Eating 6oz portions

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