SAFE CONSUMPTION LEVELS OF FISH*

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

**Cod**
11 per week
- Protein: High
- Omega 3: High
- Mercury: Low

**Wild-caught Perch**
3 per week
- Protein: High
- Omega 3: Medium
- Mercury: Low

**Canned Tuna**
2 per week
- Protein: High
- Omega 3: High
- Mercury: Medium

**Walleye**
1 per week
- Protein: High
- Omega 3: High
- Mercury: High

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