SAFE CONSUMPTION LEVELS OF FISH*

**Cod**
- Protein: High
- Omega 3: High
- Mercury: Low
- Unrestricted

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

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

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

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**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*