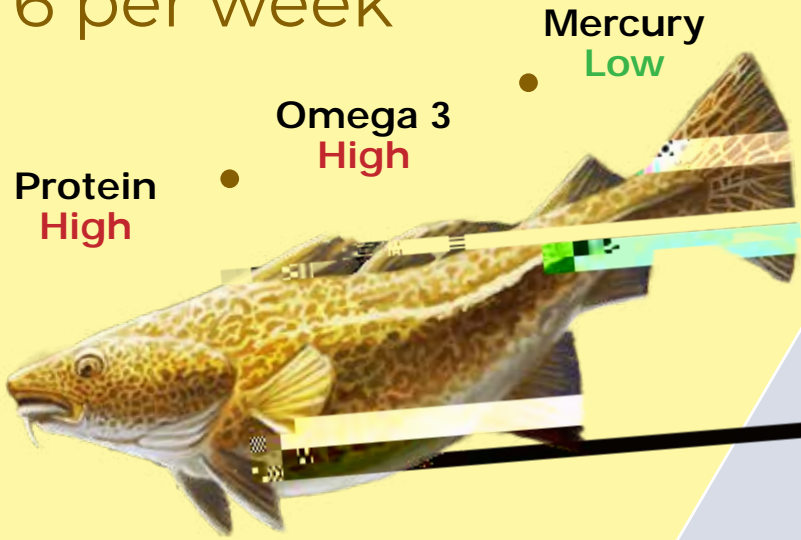
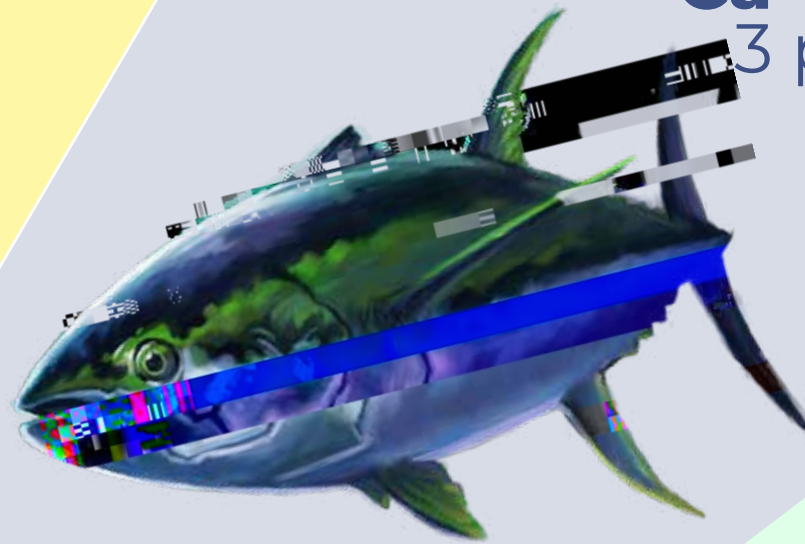


# SAFE CONSUMPTION LEVELS OF FISH\*

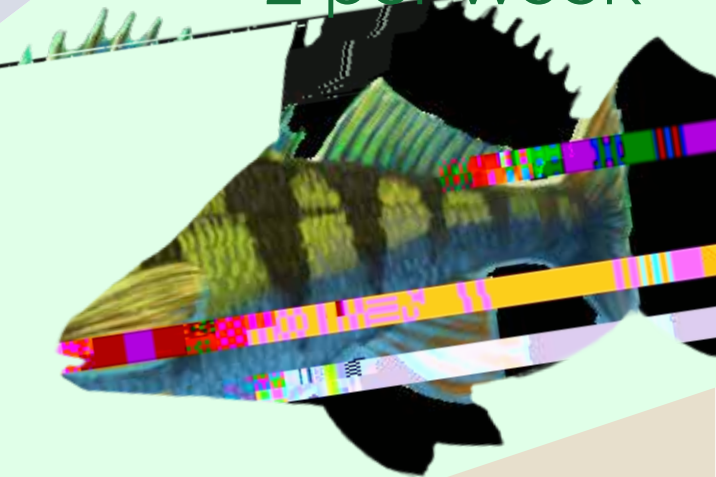
**C d**  
6 per week



**Ca d T a**  
3 per month



Wild-caught  
**P c**  
2 per week



Adolescent  
Female

75 b | 10 r  
Ea g 4 r

Protein High

Omega 3 High

Mercury Medium



Protein High

Omega 3 High

Mercury High

**Wa**  
1/2 per week

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