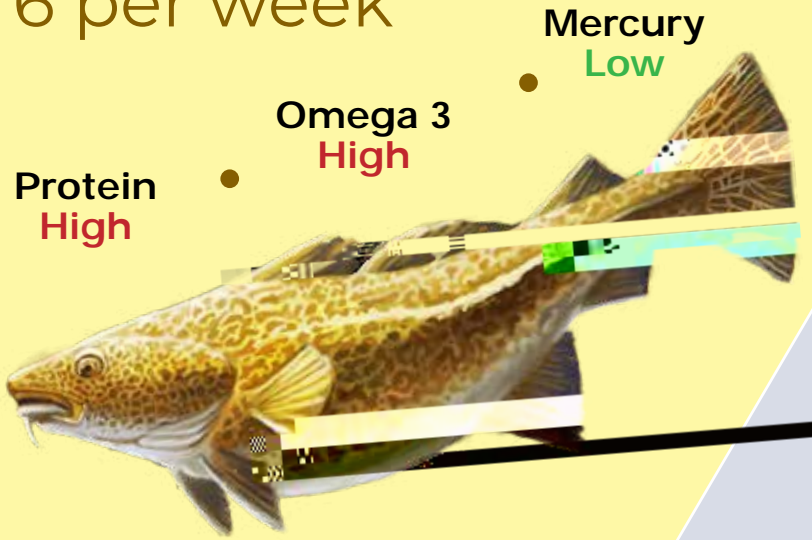


SAFE CONSUMPTION LEVELS OF FISH*

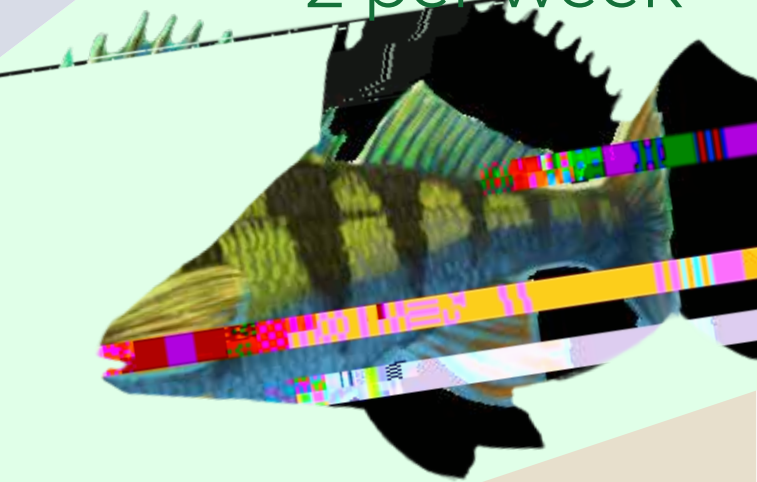
C d
6 per week



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 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