

## Meal Advice Categories

### Meal advice categories based on levels of Mercury in fish

Women not planning to become pregnant and men

Level of Mercury in Fish (ppm)	Meal Frequency
< = 0.16	4 meals / week
> 0.16 - 0.32	2 meals / week
> 0.32 – 0.65	1 meal / week
> 0.65 – 2.8	1 meal / month
> 2.8	<b>DO NOT EAT</b>

Pregnant women, women who may become pregnant, and children under age 15

Level of Mercury in Fish (ppm)	Meal Frequency
< = 0.05	4 meals / week
> 0.05 – 0.11	2 meals / week
> 0.11 – 0.22	1 meal / week
> 0.22 – 0.95	1 meal / month
> 0.95	<b>DO NOT EAT</b>

### Meal advice categories based on levels of PCBs in fish

Level of PCBs in Fish (ppm)	Meal Frequency
< = 0.05	4 meals / week
> 0.05 – 0.11	2 meals / week
> 0.11 – 0.22	1 meal / week
> 0.22 – 0.95	1 meal / month
> 0.95 – 1.89	1 meal / 2 months
> 1.89	<b>DO NOT EAT</b>

### Meal advice categories based on levels of PFOS in fish

Level of PFOS in Fish (ppb)	Meal Frequency
< = 10	4 meals / week
>10 – 20	2 meals / week
>20 – 50	1 meal / week
> 50 – 200	1 meal / month
> 200	<b>DO NOT EAT</b>