

Minnesota Department of Health
 Fish Consumption Advisory Program
 April 2008

MEAL ADVICE CATEGORIES BASED ON LEVELS OF MERCURY IN FISH		
	<u>Level of Mercury in Fish (ppm)</u>	<u>Meal Frequency</u>
Women not planning to become pregnant and men	<= 0.16	Unrestricted
	> 0.16 – 0.65	1 meal / week
	> 0.65 – 2.8	1 meal / month
	> 2.8	DO NOT EAT
Pregnant women, women who may become pregnant, and children under age 15	<= 0.05	Unrestricted
	> 0.05 – 0.22	1 meal / week
	> 0.22 – 0.95	1 meal / month
	> 0.95	DO NOT EAT

MEAL ADVICE CATEGORIES BASED ON LEVELS OF PCBs IN FISH		
	<u>Level of PCBs in Fish (ppm)</u>	<u>Meal Frequency</u>
	<= 0.05	Unrestricted
	> 0.05 – 0.22	1 meal / week
	> 0.22 – 0.95	1 meal / month
	> 0.95 – 1.89	1 meal / 2 months
	> 1.89	DO NOT EAT

MEAL ADVICE CATEGORIES BASED ON LEVELS OF PFOS IN FISH		
	<u>Level of PFOS in Fish (ppb)</u>	<u>Meal Frequency</u>
	<= 40	Unrestricted
	> 40 - 200	1 meal/ week
	> 200 – 800	1 meal / month
	> 800	DO NOT EAT