

MERCURY ADVISORY

The **US Food and Drug Administration** and the **US Environmental Protection Agency** have issued the following consumer advisory:

Women of childbearing age and young children

SHOULD NOT EAT

Shark, Swordfish, King Mackerel or Tilefish

AND SHOULD LIMIT CONSUMPTION OF

**All other fish to 12 oz (2 average meals) a week
including NO MORE THAN
6 oz (1 average meal) of Albacore tuna**

Fish and seafood can be an important source of nutrients and an important part of a balanced diet. Nearly all fish and seafood, however, contain some amount of mercury and related compounds. Certain fish have higher levels than others. Therefore, the federal Food and Drug Administration and the US Environmental Protection Agency have issued the above advisory.

For more information visit:

US Food and Drug Administration
<http://www.cfsan.fda.gov/seafood1.html>

US Environmental Protection Agency
<http://www.epa.gov/mercury/>