

Categories for Fish Consumption Guidelines

Serving (meal) categories based on levels of Mercury in fish

Providing guidance by serving size recognizes that there is a connection between the amount of fish eaten and a person's body weight. See MDH's [Fish Consumption Guidance webpage \(https://www.health.state.mn.us/fish\)](https://www.health.state.mn.us/fish) for more details.

People not planning to become pregnant and men and boys 15 and older

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	DO NOT EAT

People who are or may become pregnant, people who are breastfeeding or plan to breastfeed, 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	DO NOT EAT

Serving (meal) categories based on levels of PFOS in fish

(Guidelines may be more stringent due to mixtures of PFOS with other PFAS on a waterbody-specific basis) **Note: MDH continues to evaluate PFAS thresholds for regular updates.**

People not planning to become pregnant and men/ boys 15 and older (note, existing thresholds used for statewide guidelines for all people)

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	DO NOT EAT

People who are or may become pregnant, people who are breastfeeding or plan to breastfeed, and children under age 15

Level of PFOS in Fish (ppb)	Meal Frequency
< = 10	1 meal / week (may be higher for some Lake Superior species)
>10 – 20	1 meal / week
>20 – 50	1 meal / month
> 50	DO NOT EAT

Serving (meal) 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	DO NOT EAT

Minnesota Department of Health
Fish Guidelines Program
651-201-4911
www.health.state.mn.us

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