

cm 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 cm

# Varying species of fish twice a week



# Varying species of fish twice a week



Fish should be consumed at least twice a week. This is the recommendation of the Finnish National Nutrition Council that also says different fish species should be varied in the diet.

Finnish Food Safety Authority Evira has issued the following exceptions to this general dietary advice on fish consumption:

- ▶ Due to contaminants that are harmful to health, children, young persons and persons of reproductive age should eat the following fish only once or twice a month at most: large herring, more than 17 cm in length, and as an alternative to large herring, salmon caught in the Baltic Sea, and pike caught in the sea or inland waters.
- ▶ Pregnant and nursing mothers should not eat pike at all, as mercury accumulates in this species.
- ▶ It is recommended that people who eat fresh water fish on a daily basis should cut their consumption of predatory fish in which mercury accumulates. In addition to pike, also large perch, pike perch and burbot should be avoided.

Finnish Food Safety Authority Evira's recommendation is based on the levels of dioxins, PCB compounds, methyl mercury and cesium-137 that accumulate in the fish. The exposure to contaminants has been defined on the basis of a 100-gram portion of raw weighed and filleted fish.

**More information about the mercury and cesium-137 levels in fish and fishing waters can be obtained from municipal food control authorities. Fish information is also provided on Evira's Internet site at: [www.evira.fi](http://www.evira.fi)**

**Finnish Food Safety Authority Evira**  
Mustialankatu 3, FI-00790 Helsinki, Finland  
Telephone +358 20 77 2003. Fax +358 20 77 24350  
[www.evira.fi](http://www.evira.fi)