



GUIDELINE:

How much tuna can be eaten by children, pregnant women or women wanting to conceive, based on their weight.

If you weigh Weight in pounds	<u>If you are pregnant, trying to conceive, or if you are a child, do not eat more than one can every</u>	
	White Albacore	Chunk light
20	10 weeks	3 weeks
30	6 weeks	2 weeks
30	5 weeks	11 days
50	4 weeks	9 days
60	3 weeks	7 days
70	3 weeks	6 days
80	2 weeks	6 days
90	2 weeks	5 days
100	2 weeks	5 days
110	12 days	4 days
120	11 days	4 days
130	10 days	4 days
140	10 days	3 days
150	9 days	3 days
165*	8 days	3 days
176*	week	3 days
187*	week	3 days
198*	week	3 days
209*	6 days	2 days
220*	6 days	2 days

FDA test results for mercury and fish and the EPA's determination of safe levels of mercury

* The Natural Resources Defense Council