

## Frequency a Person Can Safely Eat A 6-ounce Can of Tuna

From the American Pregnancy Association

<http://www.americanpregnancy.org/pregnancyhealth/fishmercury.htm>

Weight in pounds	White Albacore	Chunk Light
11	1 can/4 months	1 can/6 weeks
22	1 can/2 months	1 can/23 days
33	1 can/5 weeks	1 can/2 weeks
44	1 can/4 weeks	1 can/12 days
55	1 can/3 weeks	1 can/9 days
66	1 can/3 weeks	1 can/8 days
77	1 can/3 weeks	1 can/week
88	1 can/2 weeks	1 can/6 days
99	1 can/2 weeks	1 can/5 days
110	1 can/12 days	1 can/5 days
121	1 can/11 days	1 can/4 days
132	1 can/10 days	1 can/4 days
143	1 can/9 days	1 can/4 days
154	1 can/9 days	1 can/3 days
165	1 can/8 days	1 can/3 days
176	1 can/week	1 can/3 days
187	1 can/week	1 can/3 days
198	1 can/week	1 can/3 days
209	1 can/6 days	1 can/2 days
220	1 can/6 days	1 can/2 days

Source: Food and Drug Administration test results for mercury and fish, and the Environmental Protection Agency's determination of safe levels of mercury.