

My Fish Consumption Rate Is

times the current fish
consumption rate

Protect Me

keepseafoodclean.org

What is your fish consumption rate?

The State of Washington thinks you eat about 6.5 grams of fish or shellfish a day, which is **one 8-ounce meal a month**.

The state uses the fish consumption rate to determine how much pollution to allow in our waters. The rate is supposed to protect us from more than 100 toxins that can make us sick. Washington's rate is also one of the lowest in the country, despite having one of largest populations of fish consumers.

Combine the number of times you eat any meal or snack of shellfish or fish and the size of your average portion and you'll find your rate. The first number is the number grams you eat per day. The second number is how many times larger your rate is compared to what the state of Washington thinks it is.

What is your actual fish consumption rate? How does that compare to Washington's unrealistically low standard?

How Much Do You Eat?

**How often do you eat
fish or shellfish?**

Your daily rate/times the state rate	4 ounces (it would fit on a slice of bread)	8 ounces (half of a dinner plate)	16 ounces (it would take up an entire dinner plate)	More?
Once a month	4/.61	7/1	15/2	
Twice a month	7/1	15/2	30/5	
Once a week	16/2	32/5	64/10	
Two or three times a week	41/6	82/13	163/25	
Four or five times a week	73/11	145/22	290/45	
Six or more times a week	113/17	227/35	454/69	
More?				