

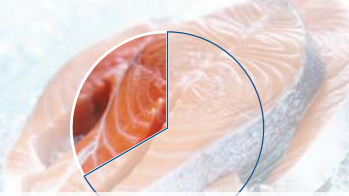


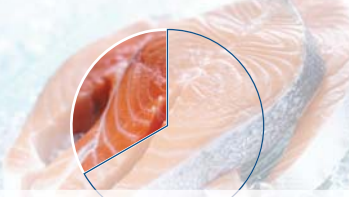


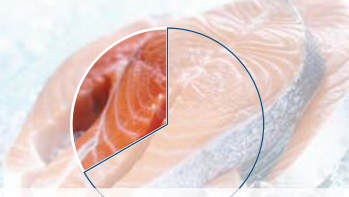





FOOD STANDARDS AGENCY'S NEW ADVICE ON OILY FISH CONSUMPTION

Graph produced by Scottish Quality Salmon



www.scottishsalmon.co.uk

FSA ADVICE FOR SPECIFIC CONSUMER GROUPS	PREVIOUS FSA ADVICE ON RECOMMENDED CONSUMPTION OF OILY FISH PER WEEK	NEW FSA ADVICE	% INCREASE PER WEEK	BASED ON THE NEW FSA ADVICE, THE NUMBER OF RECOMMENDED SERVINGS OF OILY FISH PER YEAR	CURRENT UK AVERAGE CONSUMPTION OF OILY FISH PER WEEK
Men, boys and women past child-bearing age	 One portion a week	Up to four portions of oily fish, such as salmon, a week	 300% INCREASE	208 PORTIONS PER YEAR	 1/3 OF A PORTION PER WEEK
Women not intending to have children	 One portion a week	Up to four portions of oily fish, such as salmon, a week	 300% INCREASE	208 PORTIONS PER YEAR	 1/3 OF A PORTION PER WEEK
Girls and women who may become pregnant at some point in their lives	 One portion a week	Up to two portions of oily fish, such as salmon, a week	 100% INCREASE	104 PORTIONS PER YEAR	 1/3 OF A PORTION PER WEEK
Pregnant and breast feeding women	 One portion a week	Up to two portions of oily fish, such as salmon, a week	 100% INCREASE	104 PORTIONS PER YEAR	 1/3 OF A PORTION PER WEEK