

Fact Sheet

Association of Genuine Alaska Pollock Producers
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Facts About Methylmercury in U.S.-origin Wild Alaska Pollock

- Methylmercury is an organic form of mercury that is hazardous to human health. To assess risk to human health, the scientific community, including government health experts, measure and report the presence of mercury in foods, including seafood.
- According to the best available science, the consumption of U.S.-origin Wild Alaska Pollock does not pose a health risk due to the presence of mercury.
- The U.S. Food and Drug Administration (FDA) [lists](#) U.S.-origin Wild Alaska Pollock as a “Best Choice” seafood for women who are pregnant or may become pregnant relative to its very low levels of mercury.
- This advice supports the recommendations of the joint U.S. Department of Agriculture and U.S. Department of Health and Human Services [2020-2025 Dietary Guidelines for Americans](#). This most recent edition was developed for people of all ages, with this edition providing guidance for kids 0 - 24 months for the first time, which reflects current science on nutrition to improve public health.
- The 2020-2025 Dietary Guidelines for Americans recommend consumers eat at least 8 - 12 ounces of seafood per week based on calorie requirements, for women to eat seafood before, during and after pregnancy, and children beginning at 6 months of age to eat more seafood. For women who are pregnant or are breast-feeding, FDA recommends they eat between 8 - 12 ounces of fish from its "Best Choice" list which U.S.-origin Wild Alaska Pollock is on. This advice is based on FDA [data](#) collected from 1991 to 2008.
- FDA’s findings are confirmed and supported by [testing](#) performed by the State of Alaska’s Department of Environmental Conservation. The data shows that from 185 samples of U.S.-origin Wild Alaska Pollock tested between 2001 and 2019, none had detectable levels of mercury. U.S.-origin Wild Alaska Pollock was one of only two marine species tested by the State that showed no detectable mercury levels.
- The 2014 FDA report on [“A Quantitative Assessment of the Net Effects on Fetal Neurodevelopment From Eating Commercial Fish”](#) and the most conservative model on page 112 shows that the level of methylmercury from U.S.-origin Wild Alaska Pollock is very low where pregnant moms can eat up to 530 ounces, or 33 pounds, of U.S.-origin Wild Alaska Pollock per week before any adverse impact from methylmercury. Further, any risk of methylmercury is outweighed by the benefits from the omega-3 fatty acids EPA and DHA and the other essential nutritional benefits of seafood consumption.