

## Consumption guidelines to Minimise Food Safety Risk due to PFOS in Recreational Catch Freshwater Finfish

- Recreational fishers and their families can be exposed to perfluorinated alkyl substances (PFAS) through the freshwater fish they catch and the possibility of any risk to human health depends on where they catch it from and how much they eat.
- The concentration of perfluorooctane sulphonate (PFOS) in finfish that would exceed the Food Standards Australia New Zealand (FSANZ) Tolerable Daily Intake (TDI) can be calculated from standard adult and child serving sizes and consumption frequency. On average adults consume freshwater fish less than twice a month.
- Risk Managers should take action when the concentration in finfish is above 30 µg/kg (micrograms per kilogram). For example, Risk Managers should consider warning signs in affected areas, possibly for different species and for specific stretches of waterways, to limit consumption of finfish.
- Finfish should be thoroughly gutted before consumption because fish livers can accumulate higher concentrations of PFOS than other edible tissues.
- The table below presents serving recommendations for adults and children for different contamination levels in freshwater finfish.

**Consumption guidelines for freshwater finfish**

Freshwater finfish Average PFOS concentration (µg/kg – micrograms per kilogram)	Consumption advice for recreational fishers	
	Child (2-10 years) (1 serving = 100g)	Adult (1 serving = 150g)
30-45	Limit of 3 servings/month	No advice necessary
45-60	Limit of 2 servings/month	
60-90	Limit of 1 serving/month	Limit of 3 servings/month
90-125		Limit of 2 servings/month
125-250	Do not consume	Limit of 1 serving/month
>250		Do not consume

## Consumption guidelines to Minimise Food Safety Risk due to PFOS in Recreational Catch Marine Finfish

- Recreational fishers and their families can be exposed to perfluorinated alkyl substances (PFAS) through the seafood they catch and the possibility of any risk to human health depends on where they catch it from and how much they eat.
- The concentration of perfluorooctane sulphonate (PFOS) in finfish that would exceed the Food Standards Australia New Zealand (FSANZ) Tolerable Daily Intake (TDI) can be calculated from standard adult and child serving sizes and consumption frequency.
- Risk Managers should take action when the concentration in finfish is above 7.5 µg/kg (microgram per kilogram). For example, Risk Managers should consider warning signs in affected areas, possibly for different species and for specific stretches of coastline, to limit consumption of finfish.
- Finfish should be thoroughly gutted before consumption because fish livers can accumulate higher concentrations of PFOS than other edible tissues.
- The table below presents serving recommendations for adults and children for identified contamination levels in marine finfish.

### Consumption guidelines for marine finfish

Marine finfish Average PFOS concentration (µg/kg - microgram per kilogram)	Consumption advice for recreational fishers	
	Child (2-10 years) (1 serving = 100g)	Adult (1 serving = 150g)
<7.5	No advice necessary	No advice necessary
7.5-10	Limit of 3 servings/week	
10-15	Limit of 2 servings/week	Limit of 3 servings/week
15-20		
20-30	Limit of 1 serving/week	Limit of 2 servings/week
30-45	Limit of 3 servings/month	
45-60	Limit of 2 servings/month	Limit of 1 servings/week
60-90	Limit of 1 serving/month	Limit of 3 servings/month
90-125		Limit of 2 servings/month
125-250	Do not consume	Limit of 1 serving/month
>250		Do not consume