

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

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 and PFHxS in Recreationally Harvested Shellfish

- Recreational shellfish gatherers and their families can be exposed to per and polyfluorinated alkyl substances (PFAS) through the shellfish they catch. The possibility of any risk to human health depends on where they collect the shellfish from and how much they eat.
- Shellfish here specifically refers to molluscs and crustaceans.
- Results for shellfish identify approximately equal uptake of perfluorooctane sulphonate (PFOS) and perfluorohexane sulphonate (PFHxS) so these consumption guidelines are based on the sum of both compounds.
- The total concentration of PFOS + PFHxS in shellfish 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 of PFOS+PFHxS in edible species of shellfish is above 20 µg/kg. For example, Risk Managers should consider warning signs in affected areas to limit consumption of shellfish.
- Recommendations around human consumption of shellfish should take into account any existing guidance on unsuitable harvesting areas (e.g. near urban or farm run-off) and any existing health alerts for shellfish gathering.
- The table below presents serving recommendations for adults and children for different contamination levels in edible shellfish.

Consumption guidelines for edible shellfish

Edible shellfish Average PFOS+PFHxS concentration (µg/kg)	Consumption advice for recreational shellfish gatherers	
	Child (2-10 years) (1 serving = 50g)	Adult (1 serving = 100g)
<20	No advice necessary	No advice necessary
20-30	Limit of 2 servings/week	Limit of 3 servings/week
30-50	Limit of 1 serving/week	Limit of 2 servings/week
50-100	Limit of 3 servings/month	Limit of 1 servings/week
100-150	Limit of 2 servings/month	Limit of 3 servings/month
150-200	Limit of 1 serving/month	Limit of 2 servings/month
200-400	Do not consume	Limit of 1 serving/month
>400		Do not consume