各国の注意事項の比較

		日本	米国	EU
機関		厚生労働省	FDA（食品医薬品庁）／EPA（環境保護庁）	Health & Consumer Protection Directorate-General
実施月		2003年6月	2001年1月 2004年3月	2004年3月
最新の注意事項	対象魚種	サメ、メカジキ、キンメダイ、クジラの一部	①サメ、メカジキ、サワラ(King Mackerel)*、アマダイ(Tilefish)* ②エビ、ライトツナ缶詰、サケ、タラ、ナマズ ③ビンナガマグロ	大型の捕食性の魚（メカジキ、サメ、マカジキ、パイク等）、マグロ
	対象者	妊婦、妊娠の可能性のある方	妊娠する可能性のある女性、妊婦、授乳中の母親、幼児	妊娠する可能性のある女性、妊婦、授乳中の母親、幼児
	注意事項内容	バンドウイルカ： 1回60～80gとして2ヶ月に1回以下 ツチクジラ、コビレゴンドウ、マッコウクジラ、サメ（筋肉）： 1回60～80gとして週に1回以下 メカジキ、キンメダイ： 1回60～80gとして週に2回以下	1．上記①の魚の摂取を避けるべき 2．水銀含有量が少ない魚種（上記②）は週に12オンス（340g）とすべき ・水銀含有量が少ない魚介類：エビ、ライトツナ缶詰、サケ、タラ、ナマズ ・週に2回魚介類を摂取する場合は、ビンナガマグロは6オンス(170g)とすべき 3．地域の湖等で個人が捕獲した魚については、各地域の勧告を確認等をすべき 4．幼児に魚介類を与える際には、上記勧告に従いかつ量を減らすべき	1．大型の捕食性の魚は週に多くて1食(<100g)以下とすべき 2．大型の捕食性の魚を食べた場合には、その週はいかなる魚も食べるべきでない 3．さらに、マグロを週2回以上食べるべきでない

* 我が国で摂食されているサワラ、アマダイとは異なる。
（参考）Q&Aにおいて、マグロステーキは、ライトツナ缶詰より一般的に高いレベルの水銀を含有すると記載されている。

		英国	カナダ	アイルランド
機関		Food Standard Agency	Health Canada	Food Safety Authority of Ireland
実施月		2002年5月 2003年2月 2004年3月	2002年5月	2004年3月
最新の注意事項	対象魚種	サメ、メカジキ、マカジキ マグロの缶詰、マグロステーキ	メカジキ、サメ、マグロ	メカジキ、マカジキ、 サメ、マグロステーキ、マグロの缶詰
	対象者	妊婦、妊娠を考えている女性、16才以下の小児	すべての人 更に、幼児、妊娠可能年齢の女性	全ての人
	注意事項内容	【妊婦、妊娠を考えている女性】 サメ、メカジキ、マカジキの摂取を避けると共に、 1週間に中型のマグロ缶詰4個(560g)以下又はマグロステーキ2枚(280g)以下とすべき 【16才以下の小児】 サメ、メカジキ、マカジキの摂取を避けるべき	上記の魚の摂取は週に1食とすべき また、幼児、妊娠可能年齢の女性は月に1食とすべき	【妊娠可能年齢の女性(妊娠を考えている女性)、妊婦、授乳中の母親、幼児】 サメ、メカジキ、マカジキの摂取を避けると共に、週にマグロステーキ1枚(8オンス、約230g)又は中型のマグロ缶詰(8オンス、約230g)を2缶までとすべき 【それ以外の方】 サメ、メカジキ、マカジキの摂取を多くて週1食とすべきであるが、マグロの摂食を制限する必要はない

		オーストラリア	ニュージーランド	ノルウェー
機関		ANZFA(Australia New Zealand Food Standards)	ANZFA(Australia New Zealand Food Standards)	SNT(食品衛生監視局)
実施月		2001年1月 2004年3月	2001年1月	2003年5月
最新の注意事項	対象魚種	サメ(フレーク)、カジキ類(メカジキ、マカジキ)、オレンジラフィー(シーパーチ)、ナマズ	サメ、エイ、カジキ、バラマンディ、ギンサワラ、オレンジラフィー、リング、ミナミマグロ、地熱水域で漁獲される魚	鯨、川カマス、パーチ(25cm以上)、マス及びイワナ(1kg以上)、サメ、カジキ、エイ、マグロ
	対象者	全ての人	妊婦、妊娠を考えている女性	妊婦、授乳中の母親
	注意事項内容	【妊婦、妊娠を考えている女性、6歳以下の小児】 1食あたり150g(6歳以下の小児は75g)として、サメ(フレーク)又はカジキ類を2週間に1食としそれ以外の魚をその2週間摂食しない、又はオレンジラフィー(シーパーチ)又はナマズを週1食としそれ以外の魚をその週摂食しない、又は上記以外の魚介類を週2～3食とすべき 【それ以外の方】 サメ(フレーク)又はカジキ類を週1食としそれ以外の魚をその週摂食しない、又は上記以外の魚介類を週2～3食とすべき	週に4食以下とすべき(1食約150g)	妊婦、授乳中の母親は鯨を食べるべきではない。 また、妊婦は鯨以外の上記の魚についても食べるべきではない

		デンマーク
機関		The Danish Veterinary and food Administration
実施月		2004年7月
最新の注意事項	対象魚種	マグロ、スズキ、カレイ、バラムツ、メカジキ、ニシラクダザメ、カマス、パーチ
	対象者	妊娠を考えている女性、妊婦、授乳中の女性、14歳未満の子供
	注意事項内容	週に100g未満とすべき

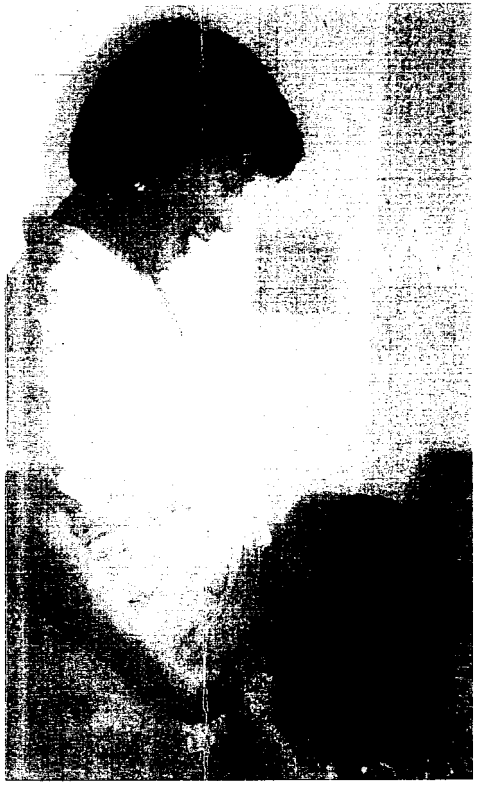
Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain high-quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. So, women and young children in particular should include fish or shellfish in their diets due to the many nutritional benefits.

However, nearly all fish and shellfish contain traces of mercury. For most people, the risk from mercury by eating fish and shellfish is not a health concern. Yet, some fish and shellfish contain higher levels of mercury that may harm an unborn baby or young child's developing nervous system. The risks from mercury in fish and shellfish depend on the amount of fish and shellfish eaten and the levels of mercury in the fish and shellfish. Therefore, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who may become pregnant, pregnant women, nursing mothers, and young children to avoid some types of fish and eat fish and shellfish that are lower in mercury.

For further information about the risks of mercury in fish and shellfish call the U.S. Food and Drug Administration's food information line toll-free at **1-888-SAFEFOOD** or visit FDA's Food Safety website **www.cfsan.fda.gov/seafood1.html**.

For further information about the safety of locally caught fish and shellfish, visit the Environmental Protection Agency's Fish Advisory website **www.epa.gov/ost/fish** or contact your State or Local Health Department. A list of state or local health department contacts is available at **www.epa.gov/ost/fish**. Click on Federal, State, and Tribal Contacts. For information on EPA's actions to control mercury, visit EPA's mercury website at **www.epa.gov/mercury**.

EPA-823-F-04-009



hat You Need to Know About Mercury in Fish and Shellfish

Advice for

Women Who Might Become Pregnant
Women Who are Pregnant
Nursing Mothers
Young Children

from the
U.S. Food and Drug Administration
U.S. Environmental Protection Agency

3 Safety Tips

By following these 3 recommendations for selecting and eating fish or shellfish, women and young children will receive the benefits of eating fish and shellfish and be confident that they have reduced their exposure to the harmful effects of mercury.

1. Do not eat:

- Shark
- Swordfish
- King Mackerel
- Tilefish

They contain high levels of mercury.

2. Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.

- Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
- Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.

3. Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas.

If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.

Follow these same recommendations when feeding fish and shellfish to your young child, but serve smaller portions.

Visit the Food and Drug Administration's Food Safety Website www.cfsan.fda.gov or the Environmental Protection Agency's Fish Advisory Website www.epa.gov/ost/fish for a listing of mercury levels in fish.

Frequently Asked Questions *about Mercury in Fish and Shellfish:*

What is mercury?

Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. Mercury falls from the air and can accumulate in streams and oceans and is turned into methylmercury in the water. It is this type of mercury that can be harmful to your unborn baby and young child. Fish absorb the methylmercury as they feed in these waters and so it builds up in them. It builds up more in some types of fish and shellfish than others, depending on what the fish eat, which is why the levels vary.

I'm a woman who could have children but I'm not pregnant - so why should I be concerned about methylmercury?

If you regularly eat types of fish that are high in methylmercury, it can accumulate in your blood stream over time. Methylmercury is removed from the body naturally, but it may take over a year for the levels to drop significantly. Thus, it may be present in a woman even before she becomes pregnant. This is the reason why women who are trying to become pregnant should also avoid eating certain types of fish.

Is there methylmercury in all fish and shellfish?

Nearly all fish and shellfish contain traces of methylmercury. However, larger fish that have lived longer have the highest levels of methylmercury because they've had more time to accumulate it. These large fish (swordfish, shark, king mackerel and tilefish) pose the greatest risk. Other types of fish and shellfish may be eaten in the amounts recommended by FDA and EPA.

Note:
If you have questions or think you've been exposed to large amounts of methylmercury, see your doctor or health care provider immediately.

I don't see the fish I eat in the advisory. What should I do?

If you want more information about the levels in the various types of fish you eat, see the FDA food safety website www.cfsan.fda.gov/~frf/sea-mehg.html or the EPA website at www.epa.gov/ost/fish.

What about fish sticks and fast food sandwiches?

Fish sticks and "fast-food" sandwiches are commonly made from fish that are low in mercury.

The advice about canned tuna is in the advisory, but what's the advice about tuna steaks?

Because tuna steak generally contains higher levels of mercury than canned light tuna, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of tuna steak per week.

What if I eat more than the recommended amount of fish and shellfish in a week?

One week's consumption of fish does not change the level of methylmercury in the body much at all. If you eat a lot of fish one week, you can cut back for the next week or two. Just make sure you average the recommended amount per week.

Where do I get information about the safety of fish caught recreationally by family or friends?

Before you go fishing, check your Fishing Regulations Booklet for information about recreationally caught fish. You can also contact your local health department for information about local advisories. You need to check local advisories because some kinds of fish and shellfish caught in your local waters may have higher or much lower than average levels of mercury. This depends on the levels of mercury in the water in which the fish are caught. Those fish with much lower levels may be eaten more frequently and in larger amounts.