

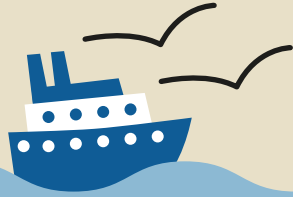
Fish in the Gulf of Finland ingest

What fish have you eaten lately?

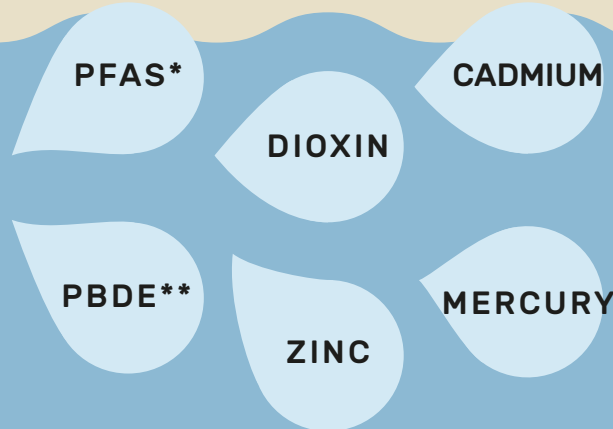
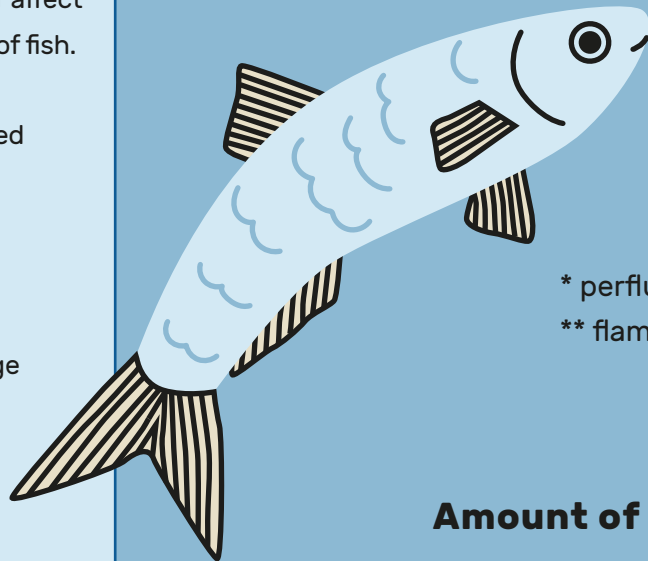
Harmful substances accumulate in fish. Not all synthetic substances cause restrictions for fish use or affect negatively the condition of fish. However, also these substances are transferred forward in the food chain - all the way to humans.

Do like this:

Do not eat salmon or large herring of marine origin or pike more than 1-2 times a month.

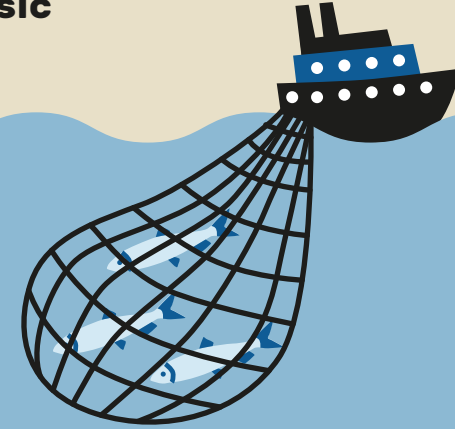


flame redartants, pharmaceuticals and classic environmental toxins in their food



* perfluoroalkyl substances

** flame redardants



NEXT TO COME IN THE FOOD CHAIN:

birds, fish of prey, seals and humans

Amount of environmental toxins in the Gulf of Finland fish

Does the maximum allowable level for human consumption get exceeded?

MAXIMUM ALLOWABLE LEVEL FOR HUMAN CONSUMPTION

SALMON



PERCH



HERRING



Concentration of mercury
0,5 mg / kg



...but other large fish of prey are the problem



...but often a problem in the lakes



Concentration of dioxin (TEQ)
6,5 ng / kg



S Y K E