



Sustainable Seas®

The Sustainable Seas Perspective: MERCURY CONTENT IN TUNA

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Extensively Testing our Tuna

Sustainable Seas has extensively tested the pole and line caught albacore and skipjack tuna we use in our tuna products. Throughout our 17-year history, we have performed over 600 mercury tests at an accredited third-party laboratory, Am Test Labs in Kirkland, WA. The conclusion we have reached is that younger, migratory albacore and skipjack that are caught at the surface with pole and line and trolling methods are lower in mercury than older, deep-dwelling tuna caught by long-lines. This pole and line low-mercury tuna conclusion is third-party corroborated by the academic study done by the Oregon State University (OSU)*.

No Need to Test Each Individual Tuna

It is not necessary or helpful to test every fish, as the mercury level is naturally lower among all of these young pole and line caught tuna.

Albacore Tuna

The data in the Sustainable Seas albacore tests and the OSU study show a range of 0.1-0.4ppm and 0.03-0.3ppm respectively. Based upon our mercury testing, the tuna we source contain an average of 0.17ppm. This is **six times lower than the FDA mercury action level of 1.0ppm**.

For comparison, FDA tests show a mercury content range of canned albacore tuna in the U.S. market to be <0.1-0.85ppm, an average of 0.358ppm. Therefore, **Sustainable Seas albacore contains only half the mercury compared to the conventional albacore tuna tested by the FDA**.

Skipjack Tuna

Skipjack tuna is a fast-growing, shorter-lived tuna species. Essentially skipjack is a lower-mercury species, so all brands of skipjack tuna are naturally low in mercury. Sustainable Seas' average mercury content in its skipjack tuna is 0.067ppm. This number is nearly **14 times lower than the FDA mercury action level of 1.0ppm**.

In Summary ...

Controlling the mercury content of canned tuna is as simple as controlling the size and age of the fish used. This is something the folks at Sustainable Seas have been rigorously doing since 2001.

***OSU Sources:**

[Mercury Content in Pacific Troll-Caught Albacore Tuna \(Thunnus alalunga\)](#)

[A Review of Mercury in Seafood: special focus on tuna](#)