



Results of the environmental toxin analyses in Baltic Fish project

The aim of the Baltic Fish project, launched in 2019, was to remove nutrients from the Baltic Sea by creating a market-driven food production chain that makes sustainable use of cyprinid fish, as well as increase the demand for cyprinid fish in Sweden and Åland Islands. The project, co-funded by the Baltic Sea Action Plan Fund, involved Race For The Baltic, Guldhaven Pelagiska, Rädda Lumparn, Ålands Fiskarförbund and the John Nurminen Foundation.

One of the aims of the project was to ensure that cyprinid fish do not contain high concentrations of heavy metals and other hazardous substances and can thus be safely used in human consumption.

The Swedish University of Agricultural Sciences (SLU), which collaborated with the project, analysed a large number of samples from five locations along the east coast of Sweden. In addition, project partners took samples of cyprinid fish from Sweden and Åland Islands. A total of 127 samples were taken from seven different locations. Samples contained bream, roach, and ide.

Maximum allowed level (MAL) of toxins in fish muscle are defined by European Commission Regulation for mercury, cadmium, dioxins, and PCBs.

The results show that the levels of environmental toxins examined did not exceed the European maximum allowed levels in food and that cyprinid fish from the Baltic Sea are generally safe to eat.

- Mercury: below European limit values
- Cadmium: below European limit values
- Dioxins and dioxin-like PCBs: below European limit values
- Non-dioxin like PCBs: below European limit values

For PFAS compounds, maximum allowed levels in food have not been defined but are currently under development in the EU.

However, European Food Safety Authority has set a Tolerable weekly intake (TWI) for some PFAS compounds. According to TWI calculation, if cyprinids are consumed weekly an adult can safely consume 250 g of cyprinid fish which means 3-6 fish patties or burgers per week.

[Read the full report on SLU's evaluation](#)