**Supplemental Table 1.** Average modelled fish intake recommendations for the different background exposure scenaios

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Lean(fatty) fish, g/week****Women****/Men** | **Winter** | **Mid-season**  | **Summer** | **Winter** **LD** | **Mid-season LD** | **Summer** **LD** |
| **Individual intake other foods****Individual intake supplements** | 154(282)/182(316) | 89(139)/111(161) | 88(138)/111(161) | 155(282)/182(317) | 89(139)/111(162) | 88(138)/111(161) |
| **Individual intake other foods****No supplements** | 226(440)/228(417) | 90(140)/112(162) | 88(138)/111(161) | 226(441)/228(417) | 91(140)/112(162) | 88(138)/111(161) |
| **Average intake other foods****Average intake supplements** | 89(140)/113(166) | 89(140)/111(163) | 89(140)/111(163) | 89(140)/113(167) | 89(140)/111(163) | 89(140)/111(163) |
| **Average intake other foods****No supplements** | 223(435)/223(409) | 89(140)/111(163) | 89(140)/111(163) | 223(435)/223(409) | 89(140)/111(163) | 89(140)/111(163) |

LD, low dioxin