**SUPPLEMENTAL MATERIAL**

Table S1. Comparison of seafood intake (g/day) collected from FFQ and 24h recall

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | FFQ |  |  |  |  | 24h recall |  |  |  |  |
|  | total population | | consumers only | | | total population | | consumers only | | |
|  | mean | 95%CI | % | mean | 95%CI | mean | 95%CI | % | mean | 95%CI |
| total fish | 33.9 | 21.1,46.8 | 93.8 | 36.2 | 23.7, 48.7 | 23.2 | 11.1, 35.3 | 14.3 | 164.7 | 143.2, 186.3 |
| salmon | 19.6 | 13.3, 25.8 | 88.1 | 22.2 | 16.2, 28.2 | 17.9 | 10.2, 25.7 | 12.2 | 146.7 | 120.1, 173.3 |
| shellfish | 7.5 | 6.1, 8.8 | 59.6 | 12.5 | 8.3, 16.8 | 10.9 | 4.5, 26.3 | 5.4 | 201.8 | 102.3,301.2 |
| seaweed | 2.5 | 0.2, 4.8 | 34.6 | 7.2 | 5.1, 9.2 | 0.06 | 0.03, 0.09 | 0.7 | 7.8 | 1.5, 9.3 |
| sea mammals | 0.3 | 0.1, 0.5 | 2.8 | 12.2 | 0.1, 29.1 | - | - | - | - | - |
| total seafood | 44.2 | 29.4, 59.1 | 94.1 | 47.0 | 32.6, 61.5 | 34.1 | 8.6,59.6 | 18.3 | 186.0 | 152.1, 219.9 |

14.3% of recalls with seafood intake (n=158)

Table S2. Concentrations of n-3 FAs and selected contaminants in top 10 most consumed fish/seafood

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | EPA+DHA |  | meHg |  | DDE |  | PCBs |
|  |  | g/100g |  | ng/g |  | ng/g |  | ng/g |
| Sockeye salmon |  | 1.23 (0.09) |  | 42.63 (12.85) |  | 2.23 (1.45) |  | 0.41 (0.61) |
| Chinook salmon |  | 1.74 (0.81) |  | 47.00 (18.74) |  | 3.29 (1.87) |  | 0.92 (0.91) |
| Halibut |  | 0.24 (0.56) |  | 252.00 (80.13) |  | 1.50 (1.54) |  | 0.73 (1.06) |
| Trout, any |  | 0.94 (0.13) |  | 185.42 (180.23) |  | 4.04 (8.98) |  | 0.47 (0.82) |
| Coho salmon |  | 1.06 (0.12) |  | 39.50 (15.12 |  | 3.38 (3.51) |  | 0.65 (0.67) |
| Salmon eggs |  | 2.40 (0.35) |  | 1.54 (2.93) |  | 2.06 (2.35) |  | 0.73 (1.34) |
| Crab |  | 0.39 (0.15) |  | 61.00 (42.83) |  | 1.60 (3.67) |  | 0.06 (0.14) |
| Pink salmon |  | 1.08 (0.39) |  | 28.60 (12.83) |  | 2.02 (1.15) |  | 0.28 (0.27) |
| Prawn |  | 0.28 (0.07) |  | 22.67 (6.50) |  | 0.61 (1.06) |  | 1.39 (2.40) |
| Chum salmon |  | 1.18 (0.14) |  | 29.67 (7.02) |  | 1.09 (0.76) |  | 0.11 (0.18) |
| Total salmon average |  | 1.45 (0.52) |  | 31.32 (14.31) |  | 2.67 (1.48) |  | 0.68 (0.55) |
| Top 10 seafood average |  | 1.05 (0.67) |  | 70.90 (80.80) |  | 2.38 (1.45) |  | 0.67 (0.52) |
| Total seafood average |  | 0.86 (1.38) |  | 80.14 (124.48) |  | 2.67 (5.38) |  | 0.52 (1.27) |

*Values are mean (SD), EPA- eicosapentaenoic acid, DHA - docosahexaenoic acid,*

*DDE-dichlorodiphenyldichloroethylene, PCBs-polychlorinated biphenyls, meHg- methyl-mercury*