



Faroese Food and Veterinary Authority

1 June 2011

Dietary recommendation on the consumption of pilot whale meat and blubber¹

In recent years, a number of studies have been conducted on contaminants in our food products and the implications their consumption have for human development and health. Expert groups under the auspices of various international bodies have assessed these studies and provided updated advice on the levels within which the intake of these substances through food is likely to be safe for human health. Recommendations have previously been related to mercury, but advice is now also available regarding dioxin and dioxin-like PCBs.

Based on this advice, the recommendations for the consumption of pilot whale meat and blubber are as follows:

- Adults should eat at most one meal of pilot whale meat and blubber per month.²
- Special recommendations for women and girls:
 - Girls and women should refrain entirely from eating blubber as long as they are still planning to have children
 - Women who are planning pregnancy within the next three months, who are pregnant or who are breastfeeding should refrain from eating whale meat
- The kidneys and liver of pilot whales should not be eaten.

¹ A full English translation of the recommendation will be available shortly from the Food and Veterinary Authority.

² One meal is calculated as an amount of 250 grams of meat and 50 grams of blubber (raw, unprocessed). Average human body weight 70 kg.