

Table S2. Maximum permissible limits (MPLs) of different food/medicinal types, under the World Health Organization's (Codex Alimentarius) standards (CH₃Hg = methyl mercury).

Food type	Hg	CH ₃ -Hg	Al	Sb	As	Ba	Be	Cd	Cr	Sn	Ni	Ag	Pb	Se	Tl	Ti	U
Berries and other small fruits													0.10				
Canned beverages										150							
Canned chestnuts and Canned chestnuts puree													0.05				
Canned foods (other than beverages)										250							
Cephalopods								2.00									
Cereal grains								0.10					0.20				
Chocolate (>70% cacao)								0.90									
Chocolate (50-70% cacao)								0.80									
Corned beef										50							
Cranberry													0.20				
Cucumbers (pickled)													0.10				
Currants													0.20				
Edible fats and oils					0.1								0.1				
Edible offal of cattle													0.20				
Edible offal of pig													0.15				
Edible offal of poultry													0.10				
Elderberry													0.20				
Fat spreads and blended spreads					0.1								0				
Fish													0.30				
Fish (alfonsino)		1.50											0.30				
Fish (marlin)		1.70											0.30				
Fish (shark)		1.60											0.30				
Fish (tuna)		1.20											0.30				
Fruits													0.10				
Fruits (canned)													0.10				
Ham (cooked cured)										50							
Infant formula, formula for special medical purposes intended for infants and follow-up formula													0				
Jams, jellies, and marmalades													0.4				
Juices (fruit, obtained exclusively from berries and other small fruits)													0.05				
Juices (fruit)													0.03				
Juices (grape)													0.04				
Mango chutney													0.4				
Marine bivalve mollusks without viscera (except oysters and scallops)								2.00									
Mushrooms, fresh farmed (common mushrooms (Agaricus bisporus),													0.30				

shiitake mushrooms (Lentinula edodes), and oyster mushrooms (Pleurotus ostreatus))					
Meat (cooked cured chopped)				50	
Meat (corned beef)				50	
Meat (luncheon)				50	
Meat and fat of poultry					0.10
Meat of cattle, pig, and sheep					0.10
Milk					0.02
Milk (secondary products)					0.02
Natural mineral waters	0.001	0.01	0.003		0.01
Olives (table)					0.40
Pork (cooked cured shoulder)				50	
Pulses			0.10		0.10
Rice, husked		0.35			
Rice, polished		0.20	0.40		
Salt, food grade	0.1	0.50	0.50		1.00
Tomatoes (preserved)					0.05
Vegetables (brassica)			0.05		0.10
Vegetables (bulb)			0.05		0.10
Vegetables (canned)					0.10
Vegetables (fruiting)			0.05		0.05
Vegetables (leafy)			0.02		0.30
Vegetables (legume)			0.10		0.10
Vegetables (root and tuber)			0.10		0.10
Vegetables (stalk and stem)			0.10		
Wheat			0.20		
Wine					0.10
Wine (fortified / Liqueur)					0.15
Wine (wine and fortified / liqueur wine)					0.20
Medicinal			0.3		10
