

Data table: Dioxin-like compound limits and actual amounts in foods

	Dioxins and dioxin-like PCB limits ⁱ	Percent fat	Actual amount of dioxin-like compounds in whole sample	Actual amount of dioxin-like compounds in fat only
Chicken	3.0 pg/g fat	2.62	0.33 pg/g	0.009 pg/g fat
Pork	1.25 pg/g fat	4.86	0.28 pg/g	0.014 pg/g fat
Beef	4.0 pg/g fat	12.73	0.93 pg/g	0.112 pg/g fat
Whole milk (3.25%)	5.5 pg/g fat	3.25	0.95 pg/g	0.014 pg/g fat
Cheese	5.5 pg/g fat	33.14	1.54 pg/g	0.288 pg/g fat
Eggs	5.0 pg/g fat	9.51	0.46 pg/g	0.015 pg/g fat
Salmon (farmed)	6.5 pg/g wet weight ^{ii iii}	13.42	1.55 pg/g	0.098 pg/g fat
Salmon (other)	6.5 pg/g wet weight	6.34	7.99 pg/g	0.507 pg/g fat
Herring	6.5 pg/g wet weight	9.04	7.65 pg/g	0.692 pg/g fat

ⁱ Limits set by EU in [COMMISSION REGULATION \(EU\) No 1259/2011](#)

ⁱⁱ This value applies to all seafood, with the exemption of wild caught eel; wild caught fresh water fish (with the exception of diadromous fish species caught in fresh water); fish liver and derived products; and marine oils.

ⁱⁱⁱ [Wet weight](#) is a common distinction made in weighing fish, because so much fish sold is smoked, cured, salted or dried. Wet weight is merely a measurement of fish with the water content in, i.e. before being processed. The non-fish products on this list are always weighed with their water content included: their default measurement is wet weight.