

Table S3.

Analyte	Fig 3 Label	Description	Concentration	Portion Size (g)
PCBs	Mayonnaise	Mayonnaise	0.001 <sup>a</sup>	15 <sup>e</sup>
PCBs	Chocolate	Chocolate bars	0.24 <sup>a</sup>	30 <sup>e</sup>
PCBs	French fries	French fries	0.1118 <sup>a</sup>	70 <sup>e</sup>
PCBs	Hot dog	Hot dog	0.277 <sup>a</sup>	55 <sup>e</sup>
PCBs	Cheddar cheese	Cheddar cheese	0.41 <sup>a</sup>	30 <sup>e</sup>
PCBs	Butter	Butter	0.84 <sup>a</sup>	15 <sup>e</sup>
PCBs	Eggs	Eggs	0.36 <sup>a</sup>	50 <sup>e</sup>
PCBs	Shellfish	Shellfish	0.25 <sup>a</sup>	85 <sup>e</sup>
PCBs	Pizza	Pizza	0.16 <sup>a</sup>	140 <sup>e</sup>
PCBs	<i>F. distichus</i>	<i>F. distichus</i> : mean of all sites except Smith Cove, Vashon Island (June), and Rock Bay	10.02 <sup>f</sup>	5 <sup>e</sup>
PCBs	<i>F. distichus</i> - SC	<i>F. distichus</i> collected from Smith Cove	18.9 <sup>f</sup>	5 <sup>e</sup>
PCBs	<i>F. distichus</i> - VI6	<i>F. distichus</i> collected from Vashon Island (June)	19.6 <sup>f</sup>	5 <sup>e</sup>
PCBs	<i>F. distichus</i> - RB	<i>F. distichus</i> collected from Rock Bay	21.2 <sup>f</sup>	5 <sup>e</sup>
PCBs	Marine fish	Marine fish	4.2 <sup>a</sup>	85 <sup>e</sup>
PCBs	Freshwater fish	Freshwater fish	7.2 <sup>a</sup>	85 <sup>e</sup>
BaP	Bacon	Bacon, pan-fried, well done	0.2 <sup>c</sup>	16 <sup>c</sup>
BaP	Hotdog	Hot dogs, grilled, very well done	0.05 <sup>c</sup>	55 <sup>e</sup>
BaP	<i>F. distichus</i>	<i>F. distichus</i> : mean of all sites except Rock Bay	1.14 <sup>g</sup>	5 <sup>e</sup>
BaP	Fried fish	Fish sandwich, deep fried, fast food	0.07 <sup>c</sup>	112 <sup>c</sup>
BaP	Spinach	Spinach, fresh and frozen	0.10 <sup>c</sup>	85 <sup>e</sup>
BaP	Smoked fish	Smoked fish	0.10 <sup>c</sup>	55 <sup>e</sup>
BaP	Pretzels	Pretzels	0.37 <sup>c</sup>	30 <sup>c</sup>
BaP	Broccoli	Broccoli	0.17 <sup>c</sup>	85 <sup>e</sup>
BaP	Potato	White potato	0.17 <sup>c</sup>	110 <sup>e</sup>
BaP	Popcorn	Popped popcorn	0.56 <sup>c</sup>	30 <sup>c</sup>
BaP	Yogurt	Yogurt, flavored/frozen	0.18 <sup>c</sup>	227 <sup>c</sup>
BaP	Kale	Kale	0.47 <sup>c</sup>	85 <sup>e</sup>
BaP	Pumpkin pie	Pumpkin pie	0.47 <sup>c</sup>	135 <sup>c</sup>
BaP	Hamburger	Hamburger, grilled/BBQ, very well done	1.520 <sup>c</sup>	85 <sup>c</sup>
BaP	<i>F. distichus</i> -RB	<i>F. distichus</i> collected from Rock Bay	64.63 <sup>f</sup>	5 <sup>f</sup>
BaP	Chicken	Chicken with bone/skin, grilled/BBQ, well done	4.570 <sup>c</sup>	96 <sup>c</sup>
BaP	Steak	Steak, grilled/BBQ, very well done	4.860 <sup>c</sup>	112 <sup>c</sup>
tAs	Peanut butter	Peanut butter	0.021 <sup>b</sup>	32 <sup>e</sup>
tAs	Bread	Bread, whole wheat	0.018 <sup>b</sup>	50 <sup>e</sup>
tAs	Raspberries	Raspberries	0.013 <sup>b</sup>	140 <sup>e</sup>
tAs	Mushrooms	Mushrooms	0.028 <sup>b</sup>	85 <sup>e</sup>
tAs	Cereal	Cereal, wheat, rice, bran	0.076 <sup>b</sup>	40 <sup>e</sup>
tAs	Hamburger	Hamburger	0.047 <sup>b</sup>	85 <sup>e</sup>
tAs	Rice	Rice	0.064 <sup>b</sup>	140 <sup>e</sup>
tAs	Freshwater fish	Fish, fresh water	0.357 <sup>b</sup>	85 <sup>e</sup>
tAs	Shellfish	Shellfish	0.362 <sup>b</sup>	85 <sup>e</sup>
tAs	Canned fish	Fish, canned	0.752 <sup>b</sup>	85 <sup>e</sup>
tAs	<i>F. distichus</i>	<i>F. distichus</i> : mean of all sites except Vashon Island (August)	26.50 <sup>f</sup>	5 <sup>e</sup>
tAs	<i>F. distichus</i> -VI8	<i>F. distichus</i> collected from Vashon Island (August)	37.01 <sup>f</sup>	5 <sup>e</sup>
tAs	<i>N. luetkeana</i>	<i>N. luetkeana</i> : mean of all sites except Brochie Rocks	70.89 <sup>f</sup>	5 <sup>e</sup>
tAs	Marine fish	Fish, marine	5.529 <sup>b</sup>	85 <sup>e</sup>
tAs	<i>N. luetkeana</i> - BR	<i>N. luetkeana</i> collected from Brochie Rocks	98.92 <sup>f</sup>	5 <sup>e</sup>
Cd	Marine fish	Fish, marine	0.004 <sup>b</sup>	85 <sup>e</sup>
Cd	Chocolate	Chocolate bars	0.011 <sup>b</sup>	30 <sup>e</sup>
Cd	Whole wheat bread	Bread, whole wheat	0.020 <sup>b</sup>	50 <sup>e</sup>
Cd	Cereal	Cereal, wheat, rice, bran	0.038 <sup>b</sup>	40 <sup>e</sup>

Cd	Strawberries	Strawberries	0.011 <sup>b</sup>	140 <sup>e</sup>
Cd	Celery	Celery	0.027 <sup>b</sup>	85 <sup>e</sup>
Cd	Nuts	Nuts	0.084 <sup>b</sup>	30 <sup>e</sup>
Cd	Carrots	Carrots	0.030 <sup>b</sup>	85 <sup>e</sup>
Cd	Potato chips	Potato chips	0.118 <sup>b</sup>	30 <sup>e</sup>
Cd	Pasta	Pasta, plain	0.026 <sup>b</sup>	140 <sup>e</sup>
Cd	Potatos	Potatos, baked with skins	0.057 <sup>b</sup>	70 <sup>e</sup>
Cd	Lettuce	Lettuce	0.082 <sup>b</sup>	85 <sup>e</sup>
Cd	Spinach	Spinach	0.114 <sup>b</sup>	85 <sup>e</sup>
Cd	Sunflower seeds	Sunflower Seeds (shelled), roasted, salted	0.389 <sup>d</sup>	30 <sup>e</sup>
Cd	<i>F. distichus</i>	<i>F. distichus</i> : mean of all sites except Jefferson Beach	2.480 <sup>f</sup>	5 <sup>e</sup>
Cd	<i>F. distichus</i> - JB	<i>F. distichus</i> collected from Jefferson Beach	4.250 <sup>f</sup>	5 <sup>e</sup>
Cd	<i>N. luetkeana</i>	<i>N. luetkeana</i> : mean of all sites	5.691 <sup>f</sup>	5 <sup>e</sup>
Pb	Hot dogs	Hot dogs	0.004 <sup>b</sup>	55 <sup>e</sup>
Pb	Marine fish	Marine fish	0.003 <sup>b</sup>	85 <sup>e</sup>
Pb	French fries	French fries	0.004 <sup>b</sup>	70 <sup>e</sup>
Pb	Chocolate	Chocolate bars	0.009 <sup>b</sup>	30 <sup>e</sup>
Pb	<i>N. luetkeana</i>	<i>N. luetkeana</i> : mean of all sites except Four-Mile Rock and Victoria Jetty	0.060 <sup>f</sup>	5 <sup>e</sup>
Pb	Pizza	Pizza	0.002 <sup>b</sup>	140 <sup>e</sup>
Pb	<i>F. distichus</i>	<i>F. distichus</i> : mean of all sites except Rock Bay and Point Hope	0.091 <sup>f</sup>	5 <sup>e</sup>
Pb	Beets	Beets	0.007 <sup>b</sup>	85 <sup>e</sup>
Pb	Broccoli	Broccoli	0.007 <sup>b</sup>	85 <sup>e</sup>
Pb	<i>N. luetkeana</i> - FM	<i>N. luetkeana</i> collected from Four-Mile Rock	0.132 <sup>f</sup>	5 <sup>e</sup>
Pb	<i>N. luetkeana</i> - VJ	<i>N. luetkeana</i> collected from Victoria Jetty	0.136 <sup>f</sup>	5 <sup>e</sup>
Pb	Spinach	Spinach	0.009 <sup>b</sup>	85 <sup>e</sup>
Pb	Rice	Rice	0.007 <sup>b</sup>	140 <sup>e</sup>
Pb	Shellfish	Shellfish	0.016 <sup>b</sup>	85 <sup>e</sup>
Pb	Apricots	Apricots	0.027 <sup>b</sup>	140 <sup>e</sup>
Pb	<i>F. distichus</i> - RB	<i>F. distichus</i> collected from Rock Bay	9.706 <sup>b</sup>	5 <sup>e</sup>
Pb	<i>F. distichus</i> - PH	<i>F. distichus</i> collected from Point Hope	13.192 <sup>b</sup>	5 <sup>e</sup>
Hg	Peanut butter	Peanut butter, smooth/creamy	0.0002 <sup>d</sup>	32 <sup>e</sup>
Hg	Eggs	Eggs, boiled	0.0001 <sup>d</sup>	50 <sup>e</sup>
Hg	Bread	Bread, white, enriched	0.0001 <sup>d</sup>	50 <sup>e</sup>
Hg	Spinach	Spinach, fresh/frozen, boiled	0.0003 <sup>d</sup>	85 <sup>e</sup>
Hg	Rice	Rice, white, enriched, cooked	0.0004 <sup>d</sup>	140 <sup>e</sup>
Hg	Clam chowder	Clam chowder, New England -- canned, condensed, prepared with whole milk.	0.0003 <sup>d</sup>	245 <sup>e</sup>
Hg	Mushrooms	Mushrooms, raw	0.001 <sup>d</sup>	85 <sup>e</sup>
Hg	Catfish	Catfish, pan-cooked with oil	0.003 <sup>d</sup>	85 <sup>e</sup>
Hg	<i>F. distichus</i>	<i>F. distichus</i> : mean of all sites except Wing Point and Deep Bay	0.058 <sup>f</sup>	5 <sup>e</sup>
Hg	Fish sticks	Fish stick or patty, frozen, oven-cooked	0.004 <sup>d</sup>	85 <sup>e</sup>
Hg	Shrimp	Shrimp, boiled	0.006 <sup>d</sup>	85 <sup>e</sup>
Hg	<i>N. luetkeana</i>	<i>N. luetkeana</i> : mean of all sites except Victoria Jetty	0.116 <sup>f</sup>	5 <sup>e</sup>
Hg	<i>F. distichus</i> -WP	<i>F. distichus</i> collected from Wing Point	0.192 <sup>f</sup>	5 <sup>e</sup>
Hg	<i>F. distichus</i> -DB	<i>F. distichus</i> collected from Deep Bay	0.205 <sup>f</sup>	5 <sup>e</sup>
Hg	<i>N. luetkeana</i> -VJ	<i>N. luetkeana</i> collected from Victoria Jetty	0.250 <sup>f</sup>	5 <sup>e</sup>
Hg	Tuna noodle casserole	Tuna noodle casserole, homemade	0.016 <sup>d</sup>	140 <sup>e</sup>
Hg	Salmon	Salmon, steaks/fillets baked	0.021 <sup>d</sup>	85 <sup>e</sup>
Hg	Tuna	Tuna, canned in water, drained	0.136 <sup>d</sup>	85 <sup>e</sup>

<sup>a</sup>[43]; <sup>b</sup>[44]; <sup>c</sup>[45]; <sup>d</sup> 46]; <sup>e</sup> [47]; and <sup>f</sup> this study.