

Information about Mercury in Fish and Shellfish

For Pregnant and Breastfeeding Women, Women Considering Pregnancy & Young Children

Important Safety Tips:

1. Highest Mercury –

DO NOT EAT:

- Shark
- Swordfish
- King Mackerel
- Tilefish
- Tuna (Bigeye, Ahi)
- Marlin
- Orange Roughy

2. High Mercury –

Eat no more than three 6-oz servings per month:

- Sea Bass (Chilean)
- Bluefish
- Grouper
- Mackerel (Spanish, Gulf)
- Tuna (Albacore, Yellowfin)

3. Lower Mercury –

Eat no more than six 6-oz servings per month:

- Bass (Striped, Black)
- Carp

- Cod (Alaskan)
- Halibut (Pacific and Atlantic)
- Jacksmelt (Silverside)
- Lobster
- Mahi Mahi
- Snapper
- Sea Trout (Weakfish)
- Tuna (canned, chunk light)

4. Lowest Mercury –

Enjoy two 6-oz servings per week:

- Anchovies
- Butterfish
- Catfish
- Clam
- Crab (domestic)
- Crawfish/crayfish
- Flounder
- Haddock
- Herring
- Oysters
- Salmon (canned, fresh)
- Sardines
- Scallops
- Shrimp
- Sole
- Squid (Calamari)

For more information about mercury levels in fish, please visit the following websites:

Environmental Protection Agency's Fish Advisory Website www.epa.gov/ost/fish

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- Tilapia
 - Trout (freshwater)
 - Whitefish
5. **CHECK LOCAL ADVISORIES ABOUT FISH CAUGHT FROM LAKES, RIVERS, AND COASTAL AREAS:**
- If no information is available, do not eat more than 6 ounces a week of locally caught fish. Avoid consuming any other fish that week.

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