

MERCURY LEVELS IN FISH

This is a great chart for those looking to cut down on their mercury intake while still enjoying the benefits of eating omega-3 and protein-rich fish. This chart is especially helpful for pregnant women needing to reduce their mercury exposure to protect themselves and their baby.

MERCURY LEVELS IN FISH					
HIGH		MEDIUM		LOW	
Bluefish	Seabass (Chilean*)	Bass (Striped, Black)	Monkfish*	Arctic Cod	Mullet • Oyster
Crab (Blue)	Shark*	Carp	Perch (Freshwater)	Anchovies	Perch (Ocean)
Grouper*	Swordfish*	Cod (Alaskan)	Sablefish	Butterfish	Plaice • Pollock
Mackerel (King, Spanish, Gulf)	Tilefish*	Croaker (White Pacific)	Skate*	Catfish • Clam	Salmon** (Canned, Fresh, Wild)
Marlin*	Tuna (Ahi, *Yellowfin, *Bigeye, Blue, Canned Albacore)	Halibut (Pacific, Atlantic*)	Snapper*	Crab (Domestic)	Sardine • Scallop*
Orange Roughy*		Lobster	Tuna (Canned Chunk Light, Skipjack*)	Crawfish/Crayfish	Shad • Shrimp*
Salmon** (Farmed, Atlantic)		Mahi Mahi	Sea Trout	Croaker (Atlantic)	Sole • Squid
				Flounder*	Tilapia • Trout
				Haddock (Atlantic*)	Whitefish
				Hake • Herring	Whiting
				Mackerel (N. Atlantic, Chub)	

*Overfished **May Contain PCBs

Data from: nrdc.org

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster, American and spiny	Shad		Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Atlantic mackerel	Mullet	Shrimp		Carp	Sablefish	Tuna, yellowfin
Black sea bass	Oyster	Skate		Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Butterfish	Pacific chub mackerel	Smelt		Grouper	Snapper	White croaker/Pacific croaker
Catfish	Perch, freshwater and ocean	Sole		Halibut	Spanish mackerel	
Clam	Pickrel	Squid		Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Plaice	Tilapia				
Crab	Pollock	Trout, freshwater				
Crawfish	Salmon	Tuna, canned light (includes skipjack)				
Flounder	Sardine	Whitefish				
Haddock		Whiting				
Hake						

Choices to Avoid HIGHEST MERCURY LEVELS		
King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice www.EPA.gov/fishadvice

EPA United States Environmental Protection Agency

FDA U.S. FOOD & DRUG ADMINISTRATION