

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)
- Tilapia
- Trout (freshwater)
- Whitefish

5. **CHECK LOCAL ADVISORIES ABOUT FISH CAUGHT FROM LAKES, RIVERS & 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.

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