

Eating fish is good for your health, but some fish is high in heavy metal such as mercury. This can be harmful and cause serious health problems for children and pregnant women. This information may help you make healthy choices.

3 ounces of fish = size of a checkbook or a deck of cards

HIGHEST MERCURY	HIGH MERCURY	LOWER MERCURY	LOWEST MERCURY	
<i><b>AVOID Eating</b></i>	<i><b>Eat no more than three 6-oz servings per month</b></i>	<i><b>Eat no more than six 6-oz servings per month</b></i>	<i><b>Eat 6-oz servings per week</b></i>	
Mackerel (King)	Bluefish	Bass (Striped, Black)	Anchovies	Perch (Ocean)
Marlin *	Grouper *	Carp	Butterfish	Pollock
Orange roughy *	Mackerel Spanish, Gulf	Cod (Alaska)	Catfish	Salmon (canned)**
Shark *	Sea Bass(Chilean) *	Carp	Clam	Salmon (Fresh)*
Swordfish *	Tuna (canned, white albacore)	Croaker( White Pacific)	Crab (Domestic)	Sardine
Tilefish *	Tuna (fresh, yellow fin) *	Halibut (Pacific)	Crawfish/Crayfish	Scallops *
Tuna (Bigeye, Ahi) *		Halibut( Atlantic) *	Croaker(Atlantic)	Shad (American)
		Jacksmelt(Silverside)	Flounder *	Shrimp *
		Lobster	Haddock *	Sole (Pacific)
		Mahi Mahi	Hake	Squid (Calamari)
		Monkfish *	Herring	Tilapia
			Mackerel (N Atlantic, Chub)	Trout (Fresh water)
		Perch (freshwater)		
		Sablefish	Mullet	Whitefish
		Skate *	Oysters	Whiting
		Snapper *		
		Tuna (canned, chunk light)		
		Tuna (skipjack)*		
		Weakfish (Sea Trout)		

\* Fish in trouble \*\* May contain PCB's chemical with serious long- term side effect

Obtained from the Natural Resource Defense Council (NRDC); data obtained by the FDA and the EPA.