

GUIDE TO MERCURY LEVELS IN DIFFERENT VARIETIES OF FISH AND SEAFOOD

LOW-MERCURY FISH AND SHELLFISH

VERY LOW

Shrimp
Sardines
Tilapia
Oysters & Mussels
Clams
Scallops
Salmon
Crayfish
Freshwater Trout
Ocean Perch & Mullet

BELOW AVERAGE

Pollock
Atlantic Mackerel
Anchovies, Herring & Shad
Flounder, Sole & Plaice
Crabs
Pike
Butterfish
Catfish
Squid
Atlantic Croaker
Whitefish

MODERATE-MERCURY FISH AND SHELLFISH

ABOVE AVERAGE

Pacific Mackerel (Chub)
Smelt
Atlantic Tilefish
Cod
Canned Light Tuna
Spiny Lobster
Snapper, Porgy, Sheepshead
Skate
Freshwater Perch
Haddock, Hake, Monkfish

MODERATELY HIGH

Carp & Buffalo fish
Halibut
Sea Trout
Sablefish
Lingcod & Scorpionfish
Sea Bass
Pacific Croaker
American Lobster
Freshwater Bass
Bluefish

HIGH-MERCURY FISH

HIGH

Canned Albacore Tuna
Spanish Mackerel
Fresh/Frozen Tuna
Grouper
Marlin
Orange Roughy

VERY HIGH

King Mackerel
Swordfish
Shark
Gulf Tilefish
Bluefin Tuna
Tuna Sushi

Ned Groth's Advice

If you eat fish twice a week or less, choose fish as follows:

Green or **Blue**: As often as you like

Black: Up to once per week

Orange or **Red**: Up to once/2 weeks

Violet: Up to once per month

If you eat fish 3-4 times a week, choose fish as follows:

Green or **Blue**: As often as you like

Black: Up to once in two weeks

Orange or **Red**: Up to once per month

Violet: Up to once per 3 months

If you eat fish 5 times a week or more, choose fish as follows:

Green: As often as you like

Blue: Up to once a week

Black: Up to once a month

Orange or **Red**: Up to once in 3 months

Violet: Once or twice a year