

Guide for Selecting Seafood Lower in Mercury and Higher in Omega-3 Fatty Acids

Eat Fish. Be Smart. Choose Wisely.

Fish and shellfish are an excellent source of protein and are low in saturated fats. Many types of fish contain omega-3 fatty acids that are good for your heart and your brain. But it is important to balance the health benefits with concerns about chemicals like mercury.

Low Mercury	Medium Mercury	High Mercury
<ul style="list-style-type: none"> ♥ Anchovies Catfish Clams Cod Crab Crab, imitation Flounder/sole ♥ Herring ♥ Mackerel, canned ♥ Oysters Pollock/fish sticks ♥ Salmon, canned or fresh ♥ Sardines Scallops Shrimp Squid/calamari Tilapia ♥ Trout Tuna, canned light 	<ul style="list-style-type: none"> ♥ Black sea bass Croaker, Pacific white Halibut Lobster Mahi-mahi Rockfish/red snapper ♥ Sablefish (blackcod) ♥ Tuna, canned albacore ♥ Tuna, fresh/frozen albacore, yellowfin 	<ul style="list-style-type: none"> King mackerel Marlin Orange roughy Shark Swordfish Tilefish Tuna, fresh/frozen bluefin, bigeye

♥ Highest in healthy omega-3 fatty acids.

If you eat fish that you, friends, or family have caught from local water bodies, check for sport fish consumption advice issued by the California Office of Environmental Health Hazard Assessment (OEHHA) at: www.oehha.ca.gov/fish

or call OEHHA at (916) 324-7572 for further information.