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.

<table>
<thead>
<tr>
<th>Low Mercury</th>
<th>Medium Mercury</th>
<th>High Mercury</th>
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</thead>
<tbody>
<tr>
<td>☪ Anchovies</td>
<td>☪ Black sea bass</td>
<td>King mackerel</td>
</tr>
<tr>
<td>Catfish</td>
<td>Croaker, Pacific white</td>
<td>Marlin</td>
</tr>
<tr>
<td>Clams</td>
<td>Halibut</td>
<td>Orange roughy</td>
</tr>
<tr>
<td>Cod</td>
<td>Lobster</td>
<td>Shark</td>
</tr>
<tr>
<td>Crab</td>
<td>Mahi-mahi</td>
<td>Swordfish</td>
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<tr>
<td>Crab, imitation</td>
<td>Rockfish/red snapper</td>
<td>Tilefish</td>
</tr>
<tr>
<td>Flounder/sole</td>
<td>Sablefish (blackcod)</td>
<td>Tuna, fresh/frozen bluefin, bigeye</td>
</tr>
<tr>
<td>☪ Herring</td>
<td>☪ Tuna, canned albacore</td>
<td>Tuna, fresh/frozen bluefin, yellowfin</td>
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<tr>
<td>☪ Mackerel, canned</td>
<td>☪ Tuna, fresh/frozen albacore, yellowfin</td>
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<tr>
<td>☪ Oysters</td>
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<tr>
<td>Pollock/fish sticks</td>
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<tr>
<td>☪ Salmon, canned or fresh</td>
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<tr>
<td>☪ Sardines</td>
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<tr>
<td>Scallops</td>
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<tr>
<td>Shrimp</td>
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<tr>
<td>Squid/calamari</td>
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<tr>
<td>Tilapia</td>
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<tr>
<td>☪ Trout</td>
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<tr>
<td>Tuna</td>
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<tr>
<td>Tuna, canned light</td>
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