

GUIDE TO EATING LOW-MERCURY FISH FROM STORES AND RESTAURANTS

Fish are a good source of vitamins and protein. Many types of fish contain omega-3 fatty acids that are good for your heart and brain. Pregnant and breastfeeding women can pass this nutrient to their baby by eating the right kinds of fish.

However, fish can take in harmful chemicals from the environment. Eating fish with higher levels of mercury can harm the brain and nervous system, especially in fetuses, babies and children.

You can balance the health benefits of eating fish with risks from chemicals like mercury by choosing low-mercury fish.

Low Mercury

Anchovy* ♥
 Atlantic croaker
 Atlantic mackerel ♥
 Black sea bass ♥
 Butterfish
 Catfish*
 Clam*
 Cod
 Crab* ♥
 Crawfish*
 Flounder*
 Haddock
 Hake
 Herring ♥
 Lobster*
 Mullet* ♥
 Oyster*
 Pacific chub mackerel* ♥
 Perch (freshwater & ocean)*
 Pickerel
 Plaice
 Pollock ♥
 Salmon* ♥
 Sardine* ♥
 Scallop
 Shad*
 Shrimp
 Skate
 Smelt*
 Sole
 Squid ♥
 Tilapia*
 Trout (freshwater)* ♥
 Tuna (light & skipjack) ♥
 Whitefish ♥
 Whiting

Medium Mercury

Bluefish ♥
 Buffalofish
 Carp*
 Chilean sea bass/
 Patagonian toothfish ♥
 Grouper
 Halibut*
 Mahi mahi/dolphinfish
 Monkfish
 Rockfish*
 Sablefish* ♥
 Sheepshead
 Snapper
 Spanish mackerel ♥
 Striped bass (ocean)*
 Tilefish (Atlantic Ocean) ♥
 Tuna, (white/albacore & yellowfin/Ahi) ♥
 Weakfish/seatrout
 White croaker/Pacific croaker*

High Mercury

King Mackerel
 Marlin
 Orange Roughy
 Shark*
 Swordfish
 Tilefish (Gulf of Mexico)
 Tuna (bigeye)

Do not eat high-mercury species if you might become or are pregnant or breastfeeding or child ages 1-11 years.



Scan for advice for fish caught in California

♥ high in heart-healthy omega-3s

*Check oehha.ca.gov/fish/fish-advisories for these species found in California, as advice may vary with local levels of mercury or other contaminants.

Guidelines developed for Biomonitoring California, adapted from U.S. FDA and U.S. EPA advice about eating fish, www.fda.gov/FishAdvice.

Safe Fish Preparation Tips

- Trim fat, remove skin, and cook so the juices drain away.
- Cook fish and shellfish thoroughly to destroy harmful parasites.



Eat only the fillet



Eat only the meat

If You Might Become or Are Pregnant or Breastfeeding and for Children Ages 1-11 Years:



- Eat 8-12 ounces a week of low-mercury fish for health benefits.
- 8 ounces is about the size and thickness of your hand. Give children smaller servings.

Adults



8 ounces

Children



Less than 8 ounces