

Your Guide to Seafood Safety

This wallet-sized printable recommends the amount of fish consumption for children and pregnant or nursing women, along with a list of seafoods and their mercury levels.

Cut along dotted line

**These fish are very low in numbers or are caught using methods that are destructive to the environment. Even if they are low in mercury, eat less of them to help protect the environment. **Choose wild Alaska salmon. Farmed salmon may contain PCBs, which can cause serious long-term health effects.

Avoid eating
 King Mackerel
 Shark**
 Tuna (bigeye)
 Swordfish*
 Ahj**
 Orange Roughy**
 Tiletish**
 Marlin**

Highest Mercury:

Mackerel
 Groper**
 Yellowfin
 Tuna**
 Bluefish
 Chilean Sea Bass**
 Tuna (canned)
 albacore)

Do not eat more than 3 servings/month

High Mercury:
 Mahi Mahi
 Alaskan Cod
 Tuna (canned)
 chunk (light)
 Lobster
 & Pacific)
 black)
 Halibut (Atlantic**
 Monkfish**
 Bass (striped,
 Snapper**
 Sabiefish
 Freshwater
 Perch
 Skate**

Do not eat more than 6 servings/month

Moderate Mercury:
 Anchovies
 Crawfish
 Pacific Sole
 Sardines
 Clams
 Catfish
 Freshwater
 Trout
 Salmon**
 Whitefish
 Atlantic Haddock**
 Tilapia
 Hake

Lowest Mercury:

Ocean Perch
 Oysters
 Freshwater
 Catfish
 Trout
 Salmon**
 Whitefish
 Atlantic Haddock**
 Tilapia
 Hake

Fold along green dotted line

Your Guide to SEAFOOD SAFETY

Follow these guidelines for safe fish consumption based on mercury levels and environmental friendliness. Also, note these special recommendations for children and pregnant or nursing women.

FDA & EPA Recommendations

Fetuses and children who are exposed to high levels of mercury can suffer permanent heart damage and impaired brain growth. The FDA and EPA recommend the following:

Children under the age of 12: No more than 12 oz. of fish or shellfish per week. Limit high-mercury fish to one serving a week.* Limit canned white albacore tuna to 6 oz. per week.*

Pregnant and Nursing Women: No more than 12 oz. of fish or shellfish per week. Limit canned white albacore tuna to 6 oz. per week. Avoid moderate and high mercury fish.

*To be safest, limit moderate-mercury fish to one meal a month and avoid high-mercury fish altogether.