

Visit www.NRDC.org/mercury

for more information about mercury and fish.

- Learn about mercury and its effects
- Know how mercury gets into your home and food
- Sign up to take action to protect yourself and your family

Test your mercury levels on our online calculator

LEAST MERCURY



Anchovies	Herring	Sardine
Butterfish	Mackerel (N. Atlantic, Chub)	Scallop*
Catfish	Mullet	Shad (American)
Clam	Oyster	Shrimp*
Crab (Domestic)	Perch (Ocean)	Sole (Pacific)
Crawfish/Crayfish	Plaice	Squid (Calamari)
Croaker (Atlantic)	Pollock	Tilapia
Flounder*	Salmon (Canned)**	Trout (Freshwater)
Haddock (Atlantic)*	Salmon (Fresh)**	Whitefish
Hake		Whiting

MODERATE MERCURY



EAT SIX SERVINGS OR LESS PER MONTH:

Bass (Striped, Black)	Jacksmelt	Skate*
Carp	(Silverside)	Snapper*
Cod (Alaskan)	Lobster	Tuna (Canned chunk light)
Croaker	Mahi Mahi	Tuna (Skipjack)*
(White Pacific)	Monkfish*	Weakfish (Sea Trout)
Halibut (Atlantic)*	Perch (Freshwater)	
Halibut (Pacific)	Sablefish	

HIGH MERCURY



EAT THREE SERVINGS OR LESS PER MONTH:

Bluefish	Mackerel	Tuna
Grouper*	(Spanish, Gulf)	(Canned Albacore)
	Sea Bass (Chilean)*	Tuna (Yellowfin)*

HIGHEST MERCURY



AVOID EATING:

Mackerel (King)	Shark*	Tuna
Marlin*	Swordfish*	(Bigeye, Ahi)*
Orange Roughy*	Tilefish*	

***Fish in Trouble!** These fish are perilously low in numbers or are caught using environmentally destructive methods.

**** Farmed salmon** may contain PCB's, chemicals with serious long-term health effects.

Information in this guide is based on averages from the FDA's test results for mercury in fish and the EPA's determination of safe levels of mercury for women of reproductive age. Some individual fish have mercury concentrations significantly higher than the average. For more details, see: www.nrdc.org/mercury.