

**A Guide to  
Protecting  
Your Family's  
Health**



Natural Resources  
Defense Council  
www.nrdc.org

# Mercury in Fish



## *Eating fish is good for you, right?*

It can be. But some fish is high in mercury, a chemical that can cause serious health problems, especially for children and pregnant women.

If you are pregnant or planning to become pregnant, use this guide to see what amount of fish sold in grocery stores and restaurants is safe to eat.



*Keep this card with you.*

**Refer to it when you go to restaurants or the grocery store to help you make healthy choices for you—and for the ocean.**






### **EATING CANNED TUNA SAFELY**

**If you weigh:**

**Don't eat more than 1 can every:**

	<b>White Albacore</b>	<b>Chunk Light</b>
20 lbs	10 weeks	3 weeks
30 lbs	6 weeks	2 weeks
40 lbs	5 weeks	11 days
50 lbs	4 weeks	9 days
60 lbs	3 weeks	7 days
70 lbs	3 weeks	6 days
80 lbs	2 weeks	6 days
90 lbs	2 weeks	5 days
100 lbs	2 weeks	5 days
110 lbs	12 days	4 days
120 lbs	11 days	4 days
130 lbs	10 days	4 days
140 lbs	10 days	3 days
150+ lbs	9 days	3 days

# Visit [www.NRDC.org/mercury](http://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 (Silverside)	Skate*
Carp	Lobster	Snapper*
Cod (Alaskan)	Mahi Mahi	Tuna (Canned chunk light)
Croaker (White Pacific)	Monkfish*	Tuna (Skipjack)*
Halibut (Atlantic)*	Perch (Freshwater)	Weakfish (Sea Trout)
Halibut (Pacific)	Sablefish	



## HIGH MERCURY

### EAT THREE SERVINGS OR LESS PER MONTH:

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



## HIGHEST MERCURY

### AVOID EATING:

Mackerel (King)	Shark*	Tuna (Bigeye, Ahi)*
Marlin*	Swordfish*	
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](http://www.nrdc.org/mercury).