

# SAFE SUSHI



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**B**efore you sink your teeth into that spicy tuna roll, there's something you should know. Many of the fish used to make sushi are high in mercury, a neurotoxin that can be dangerous if you are pregnant or plan to become pregnant. But this doesn't mean you are stuck with only a bowl of edamame! Eat sushi made with fish that is lower in mercury.



**Eat in moderation  
or avoid if you  
are pregnant or  
planning a family**



Ahi (yellowfin tuna)  
Aji (horse mackerel)<sup>1</sup>  
Buri (adult yellowtail)<sup>1</sup>  
Hamachi  
(young yellowtail)<sup>1</sup>  
Inada (very young  
yellowtail)<sup>1</sup>  
Kanpachi (very young  
yellowtail)<sup>1</sup>  
Katsuo (bonito)<sup>1</sup>  
Kajiki (swordfish)\*  
Maguro  
(bigeye\*, bluefin\*  
or yellowfin tuna)

Makjiki (blue marlin)\*  
Meji  
(young bigeye\*,  
bluefin\* or  
yellowfin tuna)  
Saba (mackerel)  
Sawara  
(Spanish mackerel)  
Seigo (young sea bass)\*  
Shiro (albacore tuna)  
Suzuki (sea bass)\*  
Toro  
(bigeye\*, bluefin\*  
or yellowfin tuna)

**Fish used in  
sushi with  
low levels  
of mercury**



(Oishii means 'Yummy' in Japanese)

Akagai (ark shell) <sup>1</sup>	Himo (ark shell) <sup>1</sup>
Anago (conger eel) <sup>1</sup>	Hokkigai (surf clam)
Aoyagi (round clam)	Hotategai (scallop)*
Awabi (abalone) <sup>1</sup>	Ika (squid)
Ayu (sweetfish)	Ikura (salmon roe)
Ebi (shrimp)*	Kaibashira (shellfish)
Hamaguri (clam)	Kani (crab)
Hamo (pike conger; sea eel) <sup>1</sup>	Karei (flatfish)
Hatahata (sandfish)	Kohada (gizzard shad)
	Masago (smelt egg)
	Masu (trout)
	Mirugai (surf clam)
	Sake (salmon)
	Sayori (halfbeak) <sup>1</sup>
	Shako (mantis shrimp)
	Tai (sea bream) <sup>1</sup>
	Tairagai (razor-shell clam) <sup>1</sup>
	Tako (octopus)
	Tobikko (flying fish egg)
	Torigai (cockle)
	Tsubugai (shellfish)
	Unagi (freshwater eel) <sup>1</sup>
	Uni (sea urchin roe)



\* Fish to avoid for reasons other than mercury: Fish and other types of seafood are marked with an asterisk above if any of their populations are depleted due to overfishing or if the methods used to catch them are especially damaging to other sea life or ocean habitats.

Sources for NRDC's guide: The data for this guide to mercury in fish comes from two federal agencies: the Food and Drug Information, which tests fish for mercury, and the Environmental Protection Agency, which determines mercury levels that it considers safe for women of childbearing age.

<sup>1</sup> Mercury levels specific to these fish were not available and instead were extrapolated from fish with similar feeding patterns.