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

<table>
<thead>
<tr>
<th>If you weigh:</th>
<th>White Albacore</th>
<th>Chunk Light</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 lbs</td>
<td>10 weeks</td>
<td>3 weeks</td>
</tr>
<tr>
<td>30 lbs</td>
<td>6 weeks</td>
<td>2 weeks</td>
</tr>
<tr>
<td>40 lbs</td>
<td>5 weeks</td>
<td>11 days</td>
</tr>
<tr>
<td>50 lbs</td>
<td>4 weeks</td>
<td>9 days</td>
</tr>
<tr>
<td>60 lbs</td>
<td>3 weeks</td>
<td>7 days</td>
</tr>
<tr>
<td>70 lbs</td>
<td>3 weeks</td>
<td>6 days</td>
</tr>
<tr>
<td>80 lbs</td>
<td>2 weeks</td>
<td>6 days</td>
</tr>
<tr>
<td>90 lbs</td>
<td>2 weeks</td>
<td>5 days</td>
</tr>
<tr>
<td>100 lbs</td>
<td>2 weeks</td>
<td>5 days</td>
</tr>
<tr>
<td>110 lbs</td>
<td>12 days</td>
<td>4 days</td>
</tr>
<tr>
<td>120 lbs</td>
<td>11 days</td>
<td>4 days</td>
</tr>
<tr>
<td>130 lbs</td>
<td>10 days</td>
<td>4 days</td>
</tr>
<tr>
<td>140 lbs</td>
<td>10 days</td>
<td>3 days</td>
</tr>
<tr>
<td>150+ lbs</td>
<td>9 days</td>
<td>3 days</td>
</tr>
</tbody>
</table>

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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.

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

**LEAST MERCURY**

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

**MEDIUM MERCURY**

EAT SIX SERVINGS OR LESS PER MONTH:

- Bass (Striped, Black)
- Carp
- Cod (Alaskan)
- Croaker
- (White Pacific)
- Halibut (Atlantic)*
- Halibut (Pacific)
- Anchovies
- Butterfish
- Catfish
- Clam
- Crab (Domestic)
- Crawfish/Crayfish
- Croaker (Atlantic)
- Flounder*
- Haddock (Atlantic)*
- Hake

EAT THREE SERVINGS OR LESS PER MONTH:

- Bluefish
- Grouper*
- (Spanish, Gulf)
- Sea Bass (Chilean)*

**HIGH MERCURY**

- Mackerel
- (Canned Albacore)
- Tuna (Yellowfin)*
- Shark*
- Swordfish*
- Tilefish*

**HAVING MERCURY**

- Bluefish
- Grouper*
- (Spanish, Gulf)
- Sea Bass (Chilean)*

**AVOID EATING:**

- Mackerel (King)
- Marlin*
- Orange Roughy*
- Shark*
- Swordfish*
- Tilefish*
- Tuna
- (Bigeye, Ahi)*
- Farmed salmon may contain PCB’s, chemicals with serious long-term health effects.

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

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