

**Guide to mercury levels in  
Different varieties of fish and shellfish  
LOW-MERCURY FISH AND SHELLFISH**

VERY LOW	BELOW AVERAGE
<p style="text-align: center;">Shrimp Sardines Tilapia Oysters &amp; Mussels Clams Scallops Salmon Crayfish Freshwater Trout Ocean Perch &amp; Mullet</p>	<p style="text-align: center;">Pollock Atlantic Mackerel Anchovies, Herring &amp; Shad Flounder, Sole &amp; Plaice Crabs Pike Butterfish Catfish Squid Atlantic Croaker Whitefish</p>

**MODERATE-MERCURY FISH AND SHELLFISH**

ABOVE AVERAGE	MODERATELY HIGH
<p style="text-align: center;">Pacific Mackerel (Chub) Smelt Atlantic Tilefish Cod Canned Light Tuna Spiny Lobster Snapper, Porgy, Sheepshead Skate Freshwater Perch Haddock, Hake, Monkfish</p>	<p style="text-align: center;">Carp &amp; Buffalofish Halibut Sea Trout Sablefish Lingcod &amp; Scorpionfish Sea Bass Pacific Croaker American Lobster Freshwater Bass Bluefish</p>

**HIGH-MERCURY FISH**

HIGH	VERY HIGH
<p style="text-align: center;">Canned Albacore Tuna Spanish Mackerel Fresh/Frozen Tuna Grouper Marlin Orange Roughy</p>	<p style="text-align: center;">King Mackerel Swordfish Shark Gulf Tilefish Tuna Sushi/Bluefin Tuna</p>

