

Guide to mercury levels in Different varieties of fish and shellfish

LOW-MERCURY FISH AND SHELLFISH

VERY LOW	BELOW AVERAGE
Shrimp Sardines Tilapia Oysters & Mussels Clams Scallops Salmon Crayfish Freshwater Trout Ocean Perch & Mullet	Pollock Atlantic Mackerel Anchovies, Herring & Shad Flounder, Sole & Plaice Crabs Pike Butterfish Catfish Squid Atlantic Croaker Whitefish

MODERATE-MERCURY FISH AND SHELLFISH

ABOVE AVERAGE	MODERATELY HIGH
Pacific Mackerel (Chub) Smelt Atlantic Tilefish Cod Canned Light Tuna Spiny Lobster Snapper, Porgy, Sheepshead Skate Freshwater Perch Haddock, Hake, Monkfish	Carp & Buffalofish Halibut Sea Trout Sablefish Lingcod & Scorpionfish Sea Bass Pacific Croaker American Lobster Freshwater Bass Bluefish

HIGH-MERCURY FISH

HIGH	VERY HIGH
Canned Albacore Tuna Spanish Mackerel Fresh/Frozen Tuna Grouper Marlin Orange Roughy	King Mackerel Swordfish Shark Gulf Tilefish Tuna Sushi/Bluefin Tuna