

MERCURY LEVELS IN FISH

HIGH		MEDIUM		LOW	
Bluefish	Seabass (Chilean*)	Bass (Striped, Black)	Monkfish*	Arctic Cod	Mullet • Oyster
Crab (Blue)	Shark*	Carp	Perch (Freshwater)	Anchovies	Perch (Ocean)
Grouper*	Swordfish*	Cod (Alaskan)	Sablefish	Butterfish	Plaice • Pollock
Mackerel (King, Spanish, Gulf)	Tilefish*	Croaker (White Pacific)	Skate*	Catfish • Clam	Salmon** (Canned, Fresh, Wild)
Marlin*	Tuna (Ahi, * Yellowfin, * Bigeye, Blue, Canned Albacore)	Halibut (Pacific, Atlantic*)	Snapper*	Crab (Domestic)	Sardine • Scallop*
Orange Roughy*		Lobster	Tuna (Canned Chunk Light, Skipjack*)	Crawfish/Crayfish	Shad • Shrimp*
Salmon** (Farmed, Atlantic)		Mahi Mahi	Sea Trout	Croaker (Atlantic)	Sole • Squid
*Overfished **May Contain PCBs		Data from: nrdc.org		Flounder*	Tilapia • Trout
				Haddock (Atlantic*)	Whitefish
				Hake • Herring	Whiting
				Mackerel (N. Atlantic, Chub)	
					

If your mercury levels are high, limit the high/medium mercury seafood and opt for the low mercury seafood.