

BEST CHOICES

Lowest in Mercury &
Highest in Healthy Fats

Eating as little as 6 ounces each week of these fish provides the recommended amount of healthy omega-3 fatty acids.



Anchovies

Herring

Mackerel—
Atlantic, Jack, Chub

Rainbow Trout—
farm raised

Salmon—
wild or farm raised

Sardines

Shad—
American

Whitefish

LOWEST MERCURY

12 ounces per week

Catfish—*farm raised*

Clams

Cod

Crab

Flatfish—*Flounder,
Plaice, Sole*

Haddock

Herring

Mackerel—*Atlantic,
Jack, Chub*

Mullet

Oysters—*cooked*

Pollock

Rainbow Trout—
farm raised

Salmon—*wild or
farm raised*)

Sardine

Scallop

Shrimp

Squid

Tilapia

Tuna—*canned
Skipjack or Light*

Whitefish

MODERATE MERCURY

4 ounces per week

Bass—*Saltwater,
Black*

Buffalo Fish

Carp

Grouper

Halibut

Lobster—*Northern,
Maine, Atlantic*

Mahi Mahi—
Dolphin-fish

Perch—*freshwater*

Pompano—*Florida*

Sablefish

Sea Trout—*Weakfish*

Snapper

Spanish Mackerel—
South Atlantic

Tilefish—*Atlantic*

Tuna—*canned
Albacore, Yellowfin or
White*

White Croaker—
Pacific

HIGH MERCURY/PCB*

Do Not Eat

Bass—*Striped**

Bluefish*

Chilean Sea Bass

Golden Snapper

Jack—*Amberjack,
Crevalle*

King Mackerel

Marlin

Orange Roughy

Sea Lamprey

Shark

Spanish

Mackerel—
Gulf of Mexico

Swordfish

Tilefish—
Gulf of Mexico

Tuna—
all fresh or frozen

Walleye—
Great Lakes

*PCB (polychlorinated biphenyls) are higher in these species

Excessive mercury can pass through the placenta or breast milk and harm your baby. Do not eat fish from the high mercury category. If you eat 4 ounces from the moderate category, don't eat any more fish from this category until the next week.



Why Eat Fish?

A pregnant or nursing woman who eats fish high in omega-3 fatty acids will pass these nutrients to their babies and support healthy brain and eye development.

How Much Fish is OK?

Health experts recommend that women eat 8–12 ounces each week and children (ages 2–6 years) eat 2 ounces each week. Three ounces of fish is about the size of a deck of cards.

Before Eating Fish Caught Locally

Check with your state's health department for a fish consumption advisory for locally caught fish and avoid eating highly contaminated fish.

Don't Eat Raw Fish

If you're pregnant, avoid eating raw oysters, raw fish (sushi) or refrigerated smoked fish. Don't feed raw fish to infants or children.

Learn More

Visit www.doh.state.fl.us/floridafishadvice/ and www.fish4health.net for more information.

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WHICH FISH & HOW MUCH

For pregnant women, women who may become pregnant, nursing moms & children age 2–6 years.

